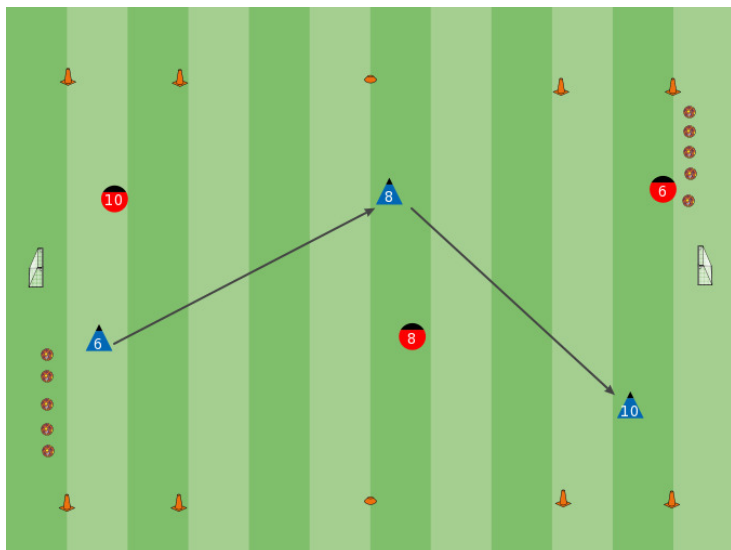


TRAINING SESSION

Build up through the midfield - Warmup



Attacking Principles
Attacking Principles



U12 to Senior



6 to Players



10 cones, supply of balls



Intensity: 8



15:00 min
(3 x 04:00 min, 01:00 min rest)

Objective

To transfer the ball from one side of the grid to the other as quickly as possible.

Description

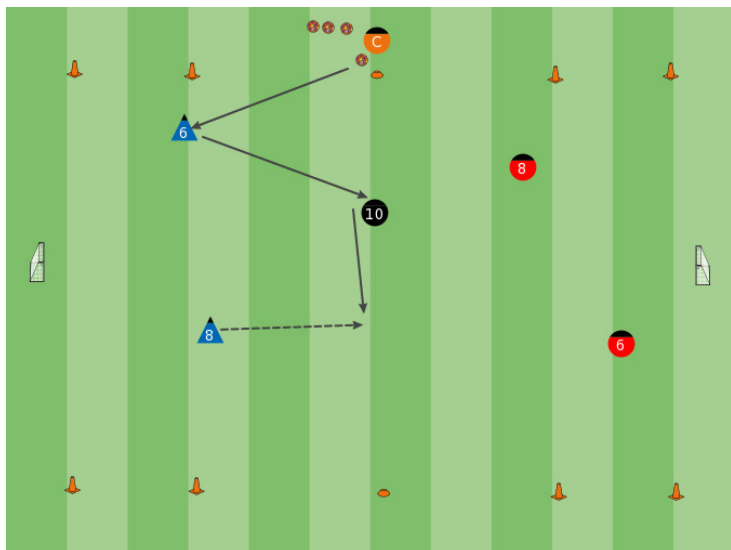
Five balls in each end zone that are to be transferred as quickly as possible from one end line to the other end line. The objective is to transfer all balls across as many times as possible during the period.

Key Points

1. Head up to scan the field;
2. Proper weight of the pass;
3. Movement to create good passing angles;
4. Receiver of the pass should "show" for the ball;
5. Passer should pass to the proper foot;
6. If possible an appropriate, pass should lead receiver into the next pass;
4. Open hips to the ball to receive;
5. Good first touch;
6. First touch to set up a pass with your second touch;
7. After completing pass, get body ready to receive the next pass;
8. Always look up and scan the field to avoid the other players and balls in play

TRAINING SESSION

Build up through the midfield - SSA



Attacking Principles
Attacking Principles



U12 to Senior



3 to 2 Players



10 cones, 2 mini-goals, supply of balls



Intensity: 4



15:00 min
(3 x 04:00 min, 01:00 min rest)

Objective

Team in possession of the ball looks to combine and score on the small goals.

Description

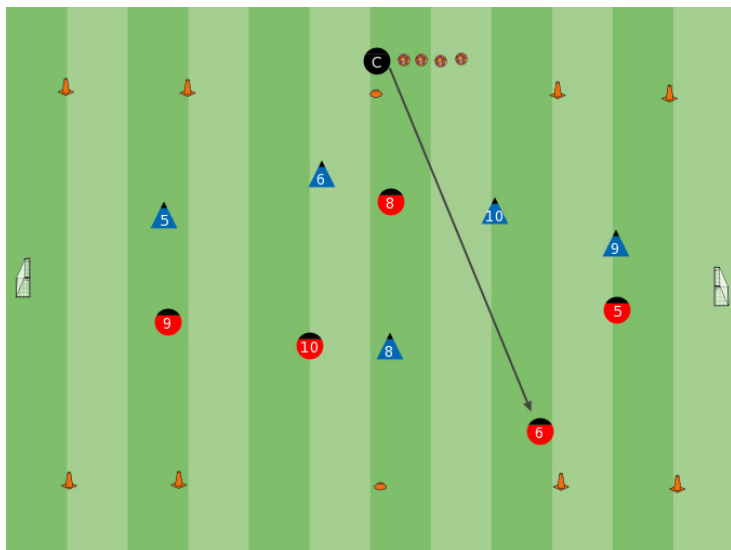
2 v 2 + Neutral player who plays for the team in possession of the ball. Objective is to score in the mini-goals

Key Points

1. Deliver pass with proper weight to the proper foot or into space; 2. When receiving, open hips to the ball to scan the field and move forward toward the goal; 3. Look for combinations, passing angles; 4. Movement off the ball is critical to create space and opportunities to move the ball forward toward the target end zone. 5. Find the space, create opportunities for penetrating passes with movement off the ball

TRAINING SESSION

Build up through the midfield - EA



Attacking Principles
Attacking Principles



U12 to Senior



5 to 5 Players



10 cones, 2 mini-goals, supply of balls



Intensity: 6



30:00 min
(2 x 14:00 min, 03:00 min rest)

Objective

The objective is for the midfielders to keep possession in the build up and make a penetrating pass to the attacker

Description

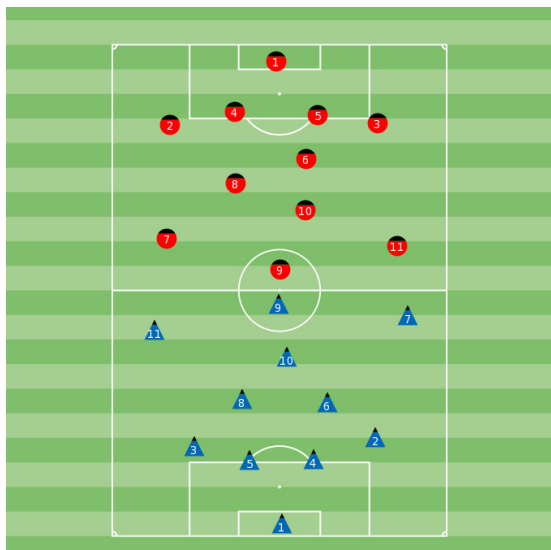
3 v 3 MFs in an area that is roughly the width of the penalty box. Each team has a striker defender in the end zone. MFs look to keep possession and play the ball into the striker. When MFs play the ball to the striker, two MFs can join to create a 3 v 1 in the end zone.

Key Points

1. Proper weight of the passes; 2. LOOSE MARKING: pass to feet; 3. TIGHT MARKING: pass into space; 4. Peel off defender into space with body open to receive the pass; 5. Movement off of the ball is critical to opening up the space and enabling the creation of chances to move the ball through the MF; 6. Try not to check back hard to the ball, but open hips to the ball and angle your body in an effort to receive the ball in a position to move forward toward the target end zone; 7. Passer must recognize the proper placement of the pass

TRAINING SESSION

Build up through the midfield - 11 v 11



Attacking Principles
Attacking Principles



U12 to Senior



11 to 11 Players



11 v 11, 2 goals, supply of balls



Intensity: 5



30:00 min
(2 x 14:00 min, 01:00 min rest)

Objective

To improve the team's ability to build up through the midfield

Description

11 v 11 game with no restrictions

Key Points

1. Focus on build up play through the MF; 2. Movement off the ball is as important as the person in possession of the ball; 3. Do not check hard back to the ball, but open up body to the ball to receive moving toward goal; 4. TIGHT MARKING: play ball into space, MF peels off defender to receive; 5. LOOSE MARKING: play ball to feet;