

FUNCTION

TWO CENTRAL MIDFIELD PLAYERS ON THEIR DEFENSIVE RESPONSIBILITIES

- Designed to develop the understanding of a unit such as two MIDFIELD PLAYERS how to defend in central areas

- How to coach the team on primary, secondary and fringe players engaging all player in the unit

Delay

Deny

Deflect

Press 02

Drop

Narrow

01

Target Player



Path of the player - - - - - →

Path of the ball ————— →

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Set up

Defending Xs GK 2 - 2 - 1 + T

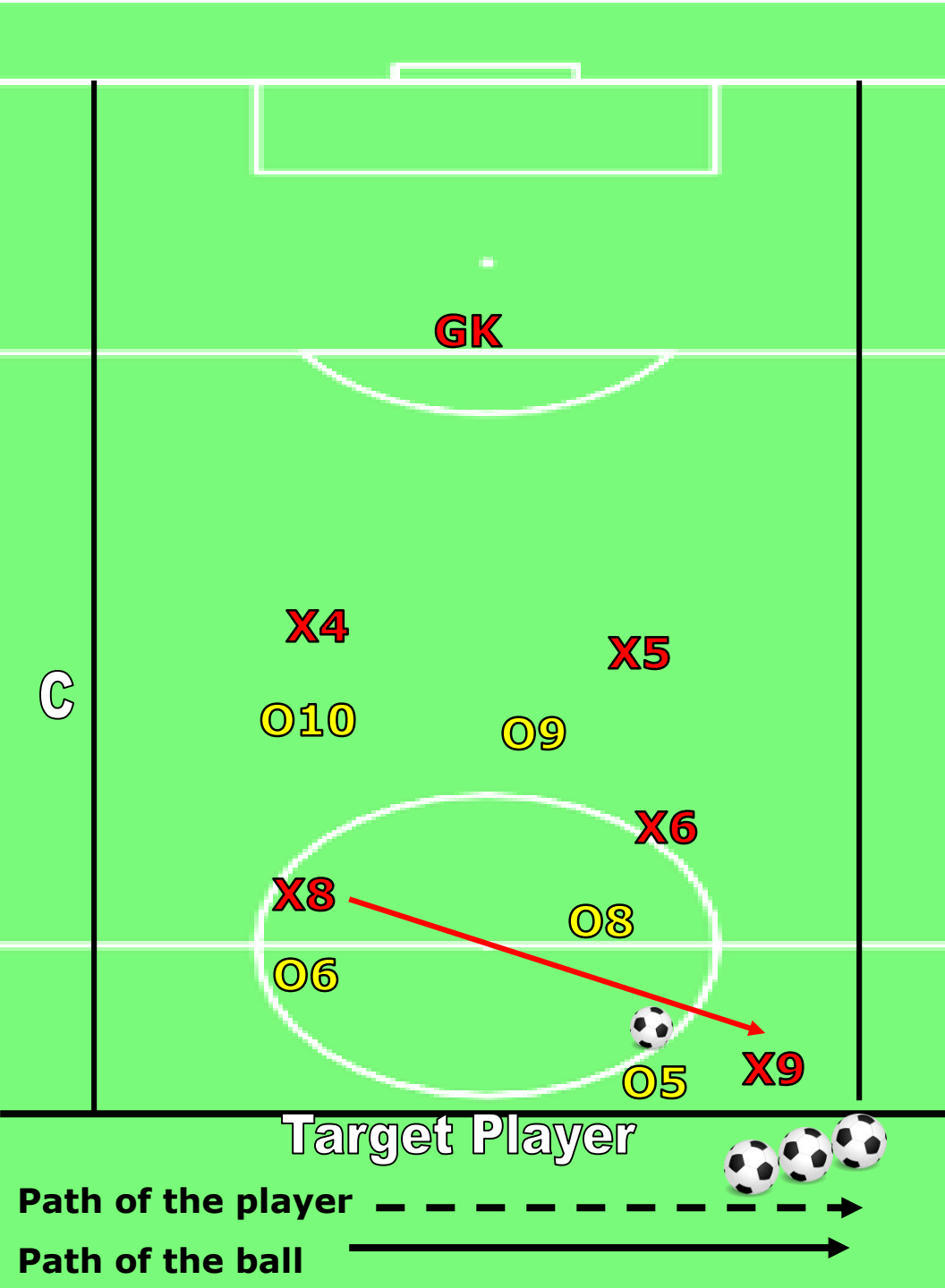
Attacking Os T 1-2-2

Organisation

- The target player (T) can be used for both teams to recycle the ball and keep the game flowing, the defending team can score by passing to the target player.
- Area coned off to work on central areas.
- Set up in middle third
- Coaching position where you can coach the defensive unit

The Start Point No1

- X's in possession moving forward
- X8 try's to pass to 'O9' on the run behind O5 but O5 intercepts.
- O5 immediately try's to pass in behind the central defenders



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Scenario No1 - Ball in Behind

Key Coaching Aspects

No Pressure on the ball

Primary Players

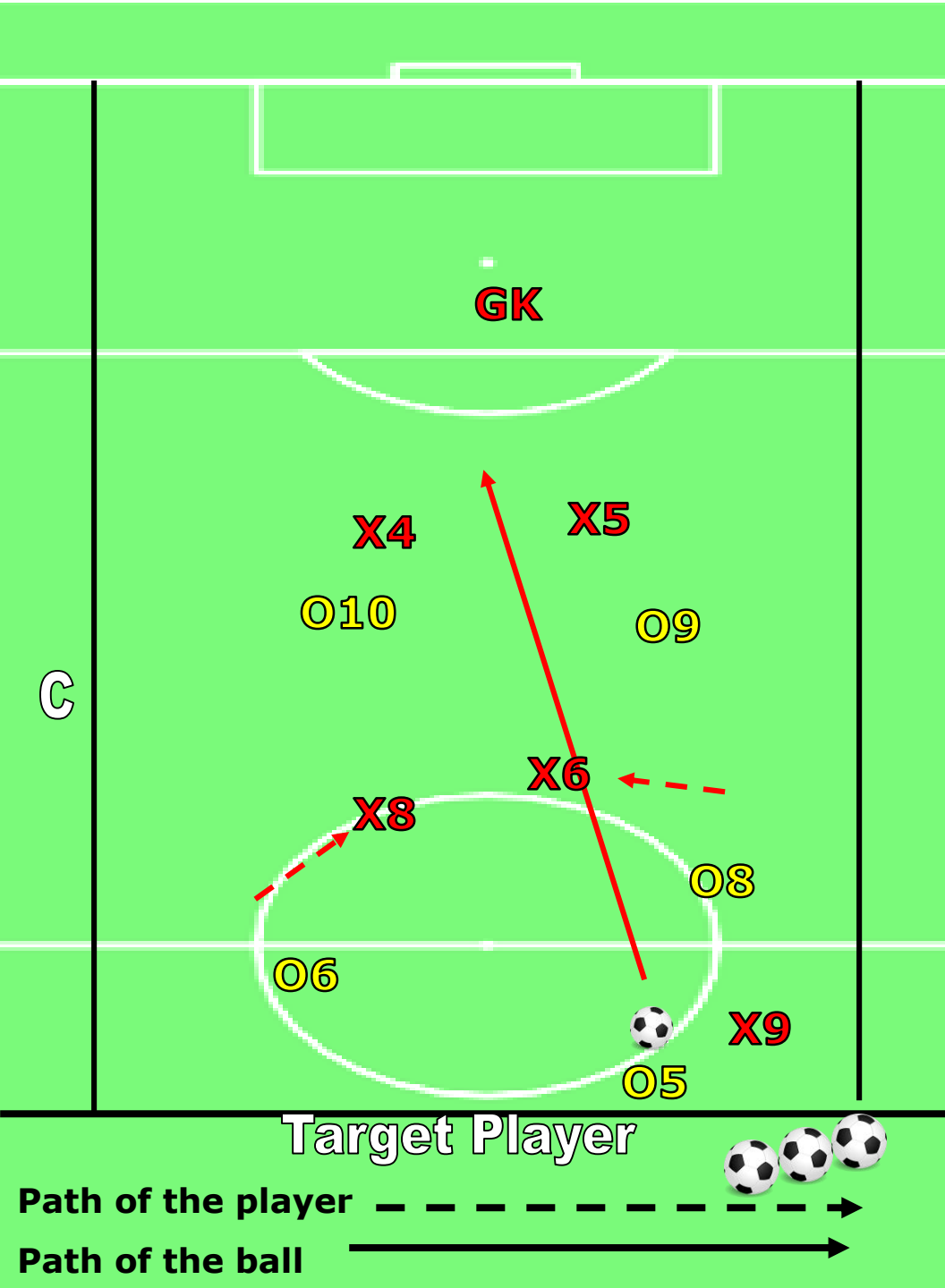
- Switch on at the change of possession
- X6 to moves quickly to get into line of the ball and stop the forward pass to the feet of the strikers if possible
- X6 to screen in front of central defenders

Secondary Player

- X8 drops and narrows to support X6 and track O6

Fringe Players

- Both central defenders drop and narrow
- GK support
- Can X9 apply pressure to the ball



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Scenario No2

Attack Through Midfield

Key Coaching Aspects

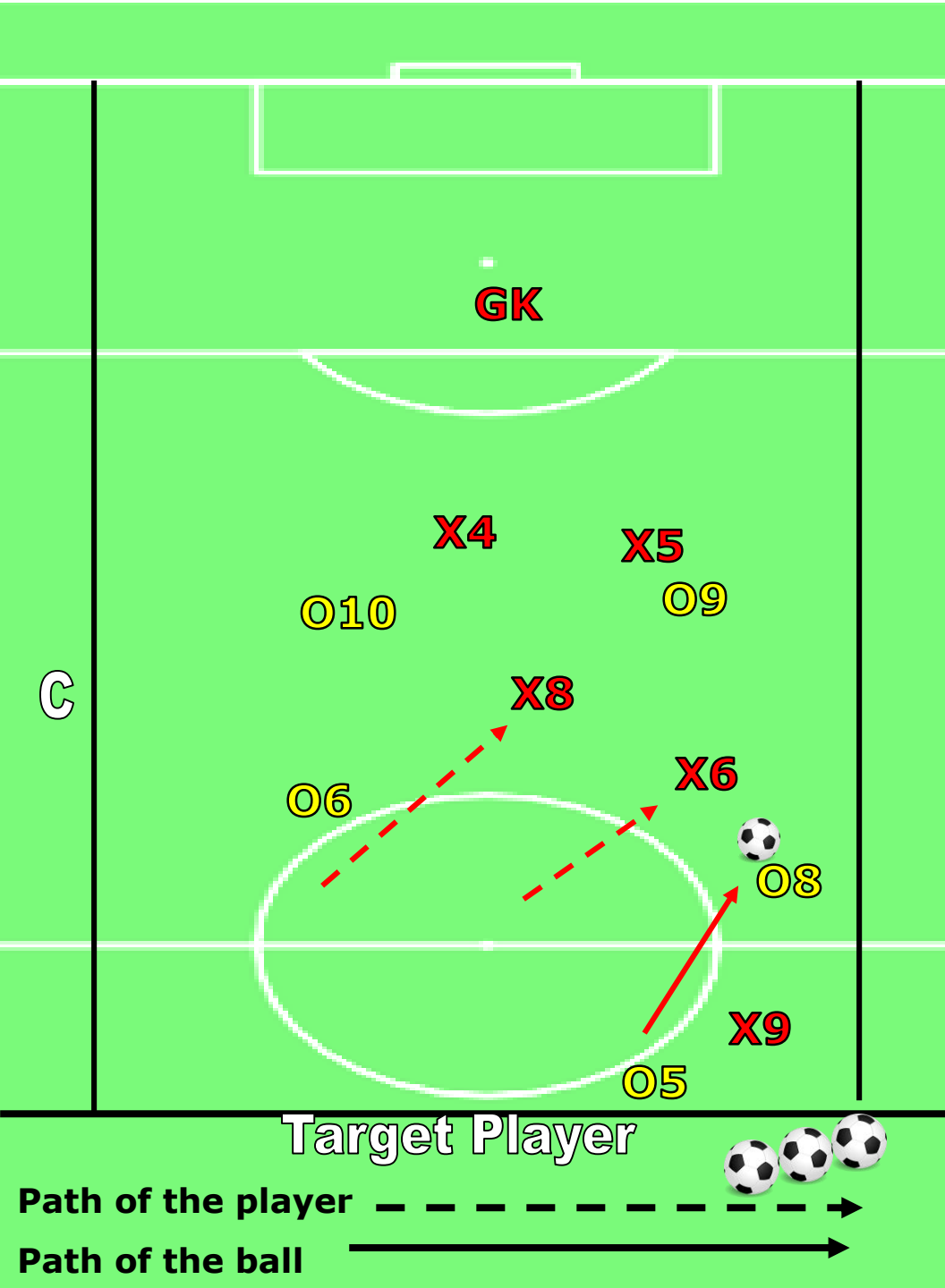
Press the Ball Early!!

Primary Players

- Switch on at the change of possession
- X6 to moves quickly to get into line of the ball press to win the ball
- Stop the forward pass
- X8 to drop and narrow to support X6 but tracks O6

Secondary Players

- Both central defenders drop and narrow
- GK support



Target Player

Path of the player - - - - - ➔

Path of the ball ————— ➔

FUNCTION

TWO CENTRAL MIDFIELD PLAYERS DEFENDING CENTRALLY

Do the players?

- ✓ Know how to press and drop?
- ✓ Understand where and where tackle and win the ball cleanly ?
- ✓ Understand the technical content required rotate and interchange positions in midfield?
- ✓ Understand how midfield payers track and make recovery runs?
- ✓ Understand how you must keep cover and Balance?

Have you

- ✓ Provided the right technical information to achieve success in the session?
- ✓ Coaches primary, secondary and fringe players?
- ✓ Corrected faults???????
- ✓ Planned variation of scenarios?

Moment of Reflection

Encourage the midfield players to decide when to press and when to drop.

They should be able to rotate positions and track runners

They should be prepared to drop and narrow quickly.

The should be able to press and tackle to win the ball

Target Player



Path of the player - - - - - →

Path of the ball —————→