



Midfield Defending

Category: Academy: Mid-block and press
Difficulty: Moderate

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Individual-Adult Member

Screen 1

Set up is a 30x20 yard area with two small goals at each end.

Teams play 5v5 and set up in with two wide players and a midfield 3 playing with a lone #6 and two #8's. Focus will be to observe and use guided questions to help the players understand the expectations to reach the activities objectives.



Screen 2

Set up is 44x30 yards. Teams play 7v7 to two small goals at each end with goalkeepers to play back to.

Teams will set up with a back four and a midfield 3 playing with a lone #6 and two #8's. Play begins with the defending team having to occupy two adjoining grids to get compact and stay compact. Focus will be on the white team during the orientation phase and then move to the blue team during the learning phase.



Screen 3

Set up same as before (44x30) yards with the addition of two bumpers on the sides to help the attacking team.

Coaching Points.

1. Get organized and stay organized
2. Get compact and stay compact
3. Defensive Principles



Screen 4

Play phase now brings the two bumpers in to act as neutrals for the team in possession

