

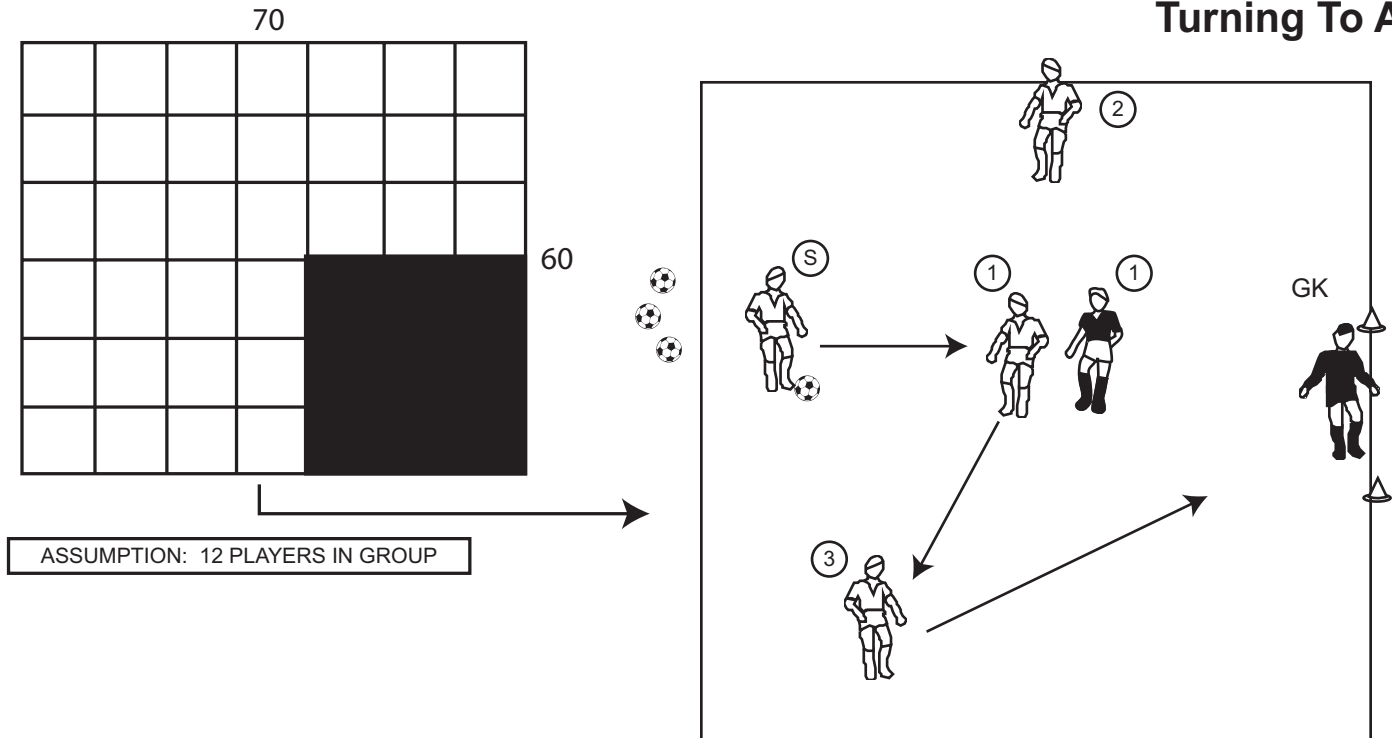


**TRYOUT
&
PLAYER EVALUATION**

Games - Midfield

PRACTICE LIKE A PRO - Creating Space

Turning To Attack



Purpose

To develop turning on an opponent in a functional practice.

Organization

Set out a 30 x 30 yard area. Groups of six. Play 3 v 1 in a grid with a server and a goalkeeper. Repeat in another area for a total of 12 players. This is a competition between defender and attacker to see how many goals are scored.

Game Objective

Light player 1 creates space by moving away and then turning back towards the server. The server passes to light player 1, who must control the ball, turn and lay the ball off to either supporting light player 2 or 3. Light player 1 sprints past the defender to receive a return pass which he shoots on goal. Light players 2 and 3 follow in for rebounds.

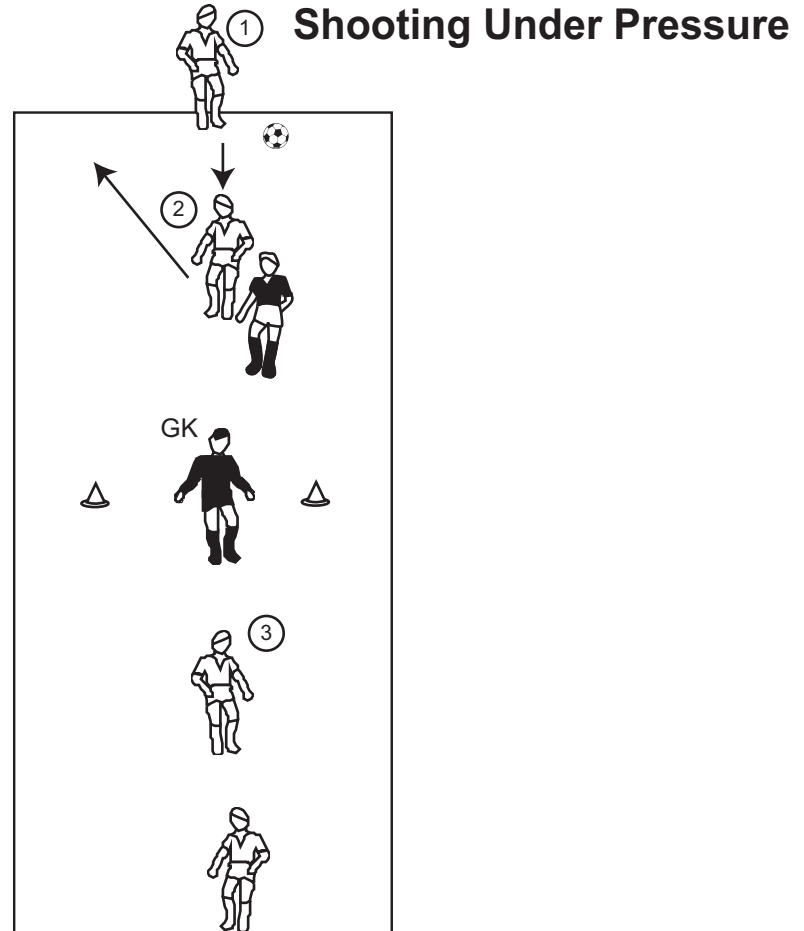
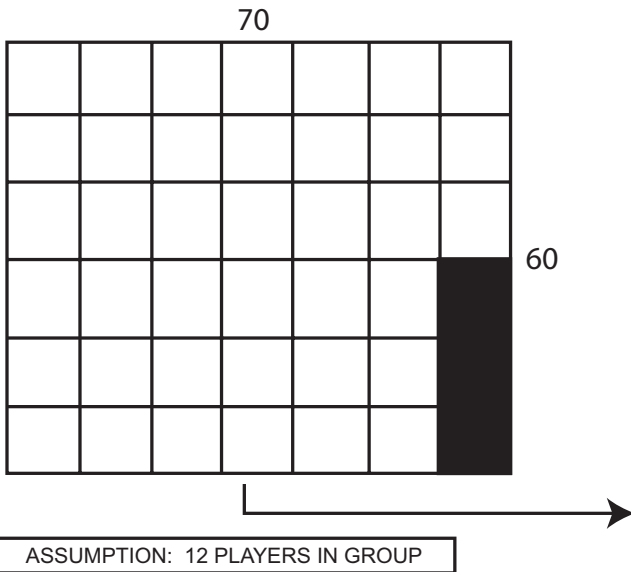
Progressions

1. Vary the speed and height of the serves.
2. Allow light players 2 and 3 to shoot directly on goal.

Key Coaching Points

1. Go away at an angle to draw defender from the middle.
2. Can you make a little head check to see where the defender is?
3. 1st touch away from the defender.
4. If the defender is not tight, then turn and attack them.
5. Create space behind you to turn and move into.

COACHING SESSION - Scoring & Finishing



Purpose

To develop combination play leading to a shot on goal.

Organization

Set out a 10 x 30 yard area. Groups of six. Play 2 v 1 on each side of the goal. One ball per group. Repeat in another area for a total of 12 players.

Game Objective

Light player #2 checks away from his dark defender and calls for the ball from light player #1. Light player #1 passes the ball to the feet of light player #2. Light player #2 plays the ball back and to the side of light player #1, who shoots first time on goal. Repeat the practice in the opposite direction with the defender being goalkeeper and the goalkeeper going out to defend.

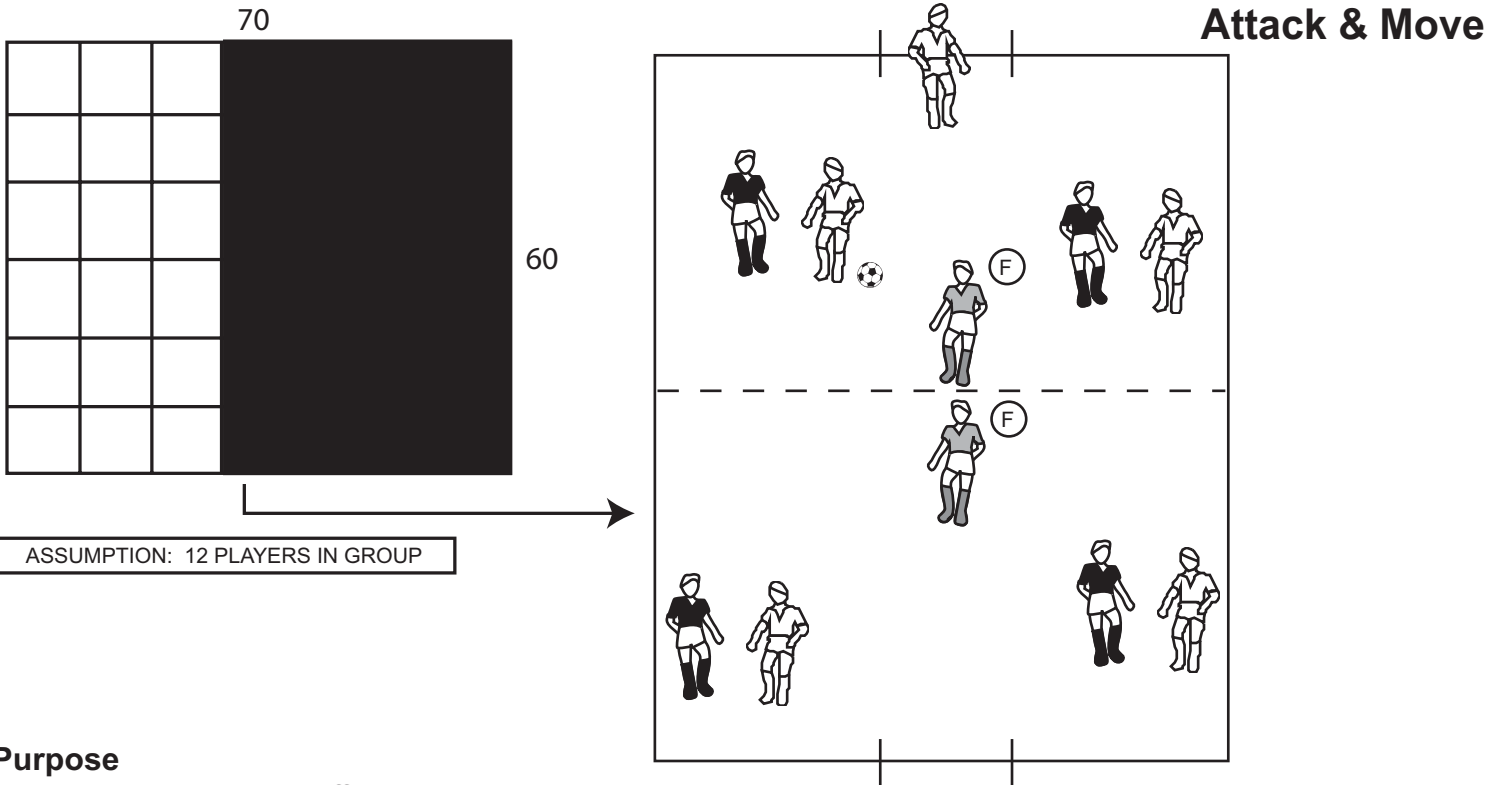
Progressions

1. Allow light player #2 the option to turn the dark defender and shoot himself.

Key Coaching Points

1. Light player #1 must communicate with the other attacker to determine if light player #2 turns the defender or lays the ball off.
2. Direct the ball low and to the corners of the goal.
3. Encourage the second attacker to follow-in on rebounds from the goalkeeper.

PRACTICE LIKE A PRO - Passing & Support



Purpose

To develop movement off the ball in attacking areas.

Organization

Set out a 40 x 60 yard area. Station two teams of five players and two floating players in the area as shown in the diagram, with goals at each end of the field.

Game Objective

Both teams score 1 point for a regular goal, but can score a goal worth 2 points by combining with a floating player in the defensive half and executing a successful movement off the ball, such as an overlapping run or give and go. If they can do the same in the attacking half, the goal is worth 5 points. The first team to 10 points is the winner.

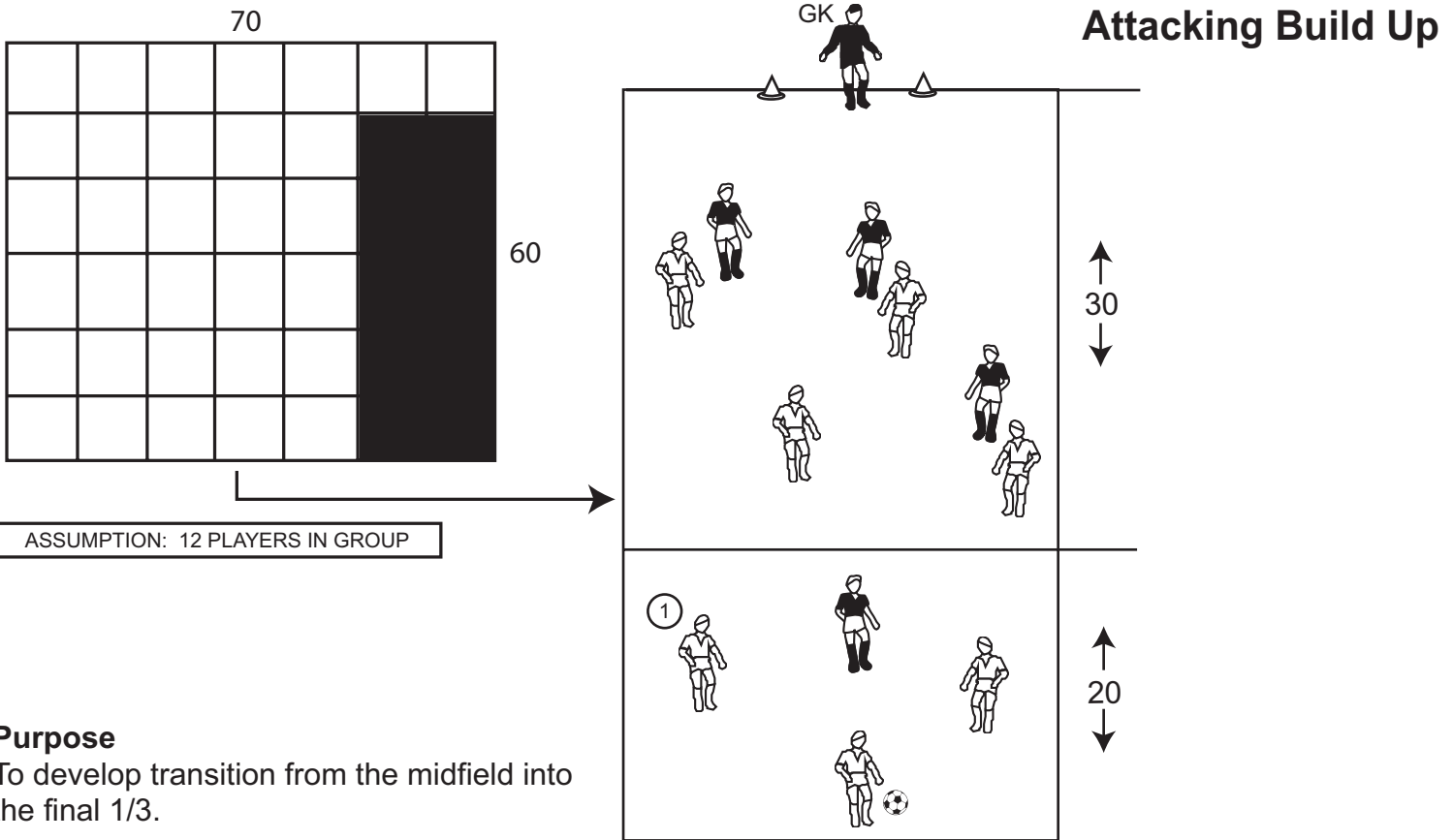
Progressions

1. If a team can combine successfully with the floating players in both halves they win the game!
2. Every successful movement off the ball prior to the build up to goal adds an additional point.

Key Coaching Points

1. Create space long and wide.
2. Look to combine with a floating player in the attacking half first. Remember your passing priorities!
3. Communicate effectively with your teammates.
4. Be creative and vary your movement.

COACHING SESSION - Scoring



Purpose

To develop transition from the midfield into the final 1/3.

Organization

Set out a 20 x 50 yard area. Set out two grids within the area according to the dimensions shown in the above diagram. Play 3 v 1 in the smaller area and 4 v 3 with a goalkeeper in the larger area.

Game Objective

Light player #1 starts with the ball. The three light midfield players in the bottom area combine to play the ball into the attacking grid. The light player receiving the ball must turn his defender and get a shot on goal. The dark defender must attempt to intercept the ball or block the shot on goal. Rotate positions.

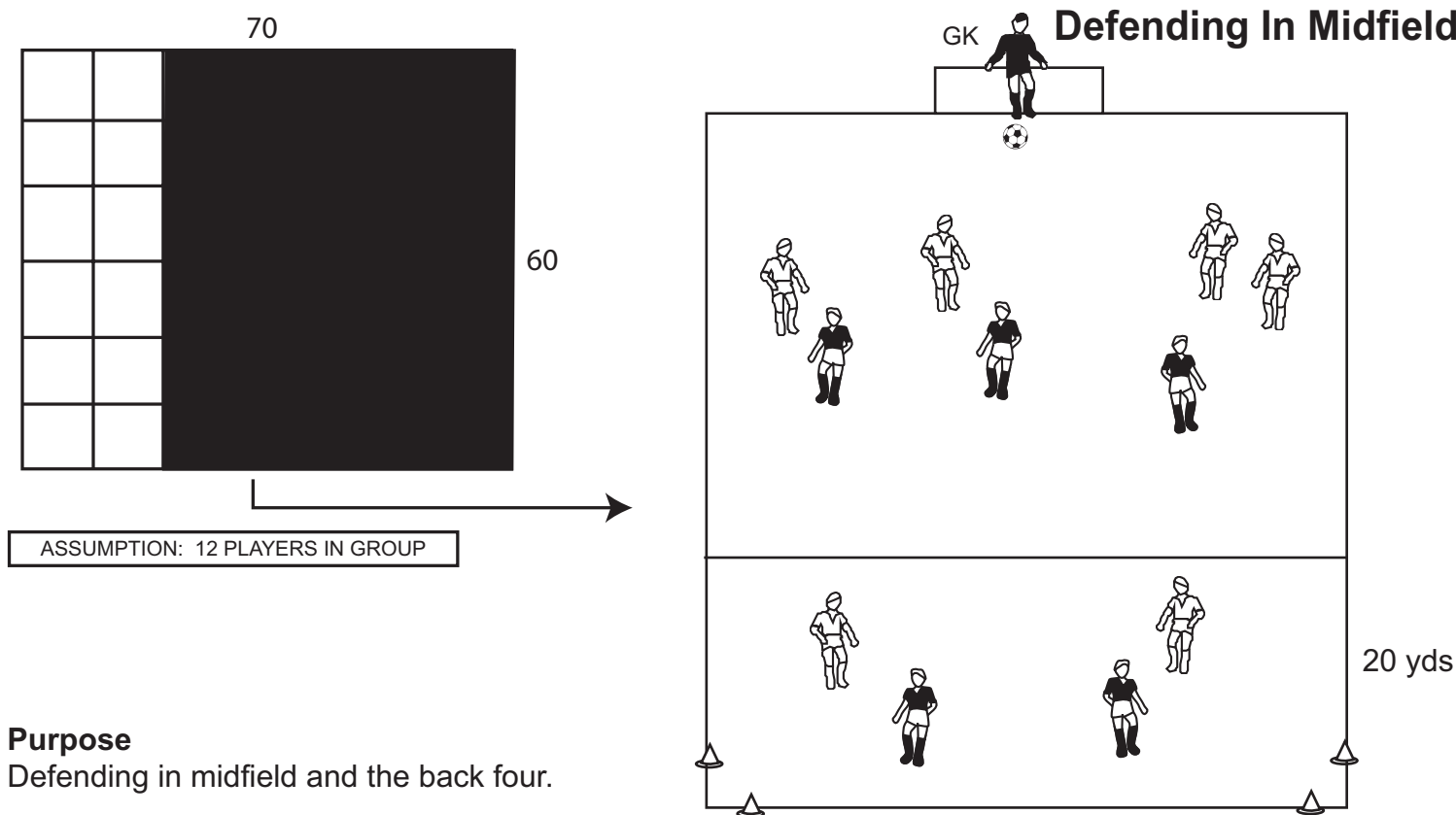
Progressions

1. Play 3 v 2 in the smaller area and 3 v 3 in the larger area.
2. Take the midline away, play 6 v 5 in the entire 20 x 50 yard area.

Key Coaching Points

1. Midfield players should hold onto the ball until an attacker has checked away from the defender and has created space to receive the ball.
2. Attackers should create a shooting opportunity with their first touch.
3. Encourage players to shoot at every opportunity.

PRACTICE LIKE A PRO - Defensive Play



Purpose

Defending in midfield and the back four.

Organization

Set out a 50 x 60 yard area. Play 2 v 2 in the area furthest from goal and 3 v 4 in the defensive area around the goal. Make 2 small goals on the end line for the defense to play out through.

Game Objective

Dark team in the area furthest from goal, combine to play the ball in to the 3 attackers in the opposite area. The 2 defenders in the area furthest from goal attempt to intercept passes as they are played through. The 4 defenders in the defensive area must pressure the ball, marking tightly when close to the ball or goal. Defenders from the area furthest from goal may enter into the defensive area to support the 4 defenders and to serve as midfield players for clearances from the back. If defenders intercept the ball, they should attempt to play the ball through either of the small goals at the bottom of the diagram.

Key Coaching Points

1. Midfield players must track forward runners.
2. If playing a flat back four, make sure they push up together.
3. Keep play in front of you in defense—force it across the goal and make it predictable.
4. As a back four, can we apply pressure, support and balance.