

## Session 3 – Midfield Play

### Passing Practice – 15 Minutes

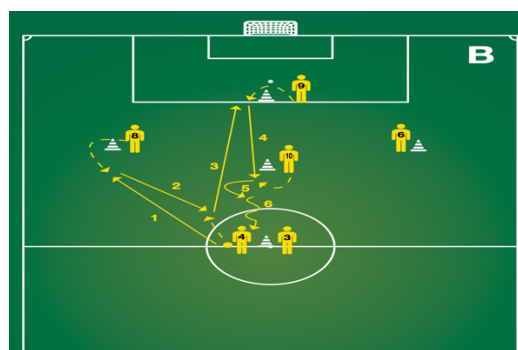
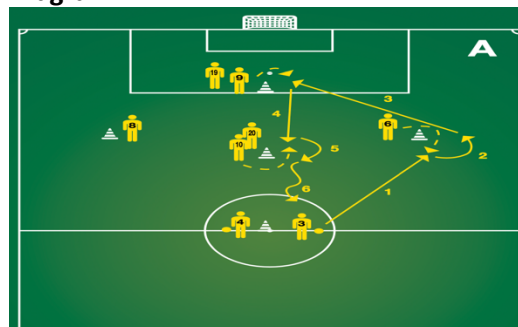
#### Organisation/ Explanation

- Session set up as illustrated.
- At least two players in positions #3/#4, #9 and #10.
- Passing sequence as shown in diagram.
- Players follow their pass.
- Passing sequence then continues on the left side of the playing area once completed on the right side.

#### Variation

- As illustrated in diagram B.
- Get players to come up with their own passing pattern as a further variation.
- Encourage players to play the pass with good ball speed and accuracy.
- Encourage players to check off the cone to receive the pass.

#### Diagram

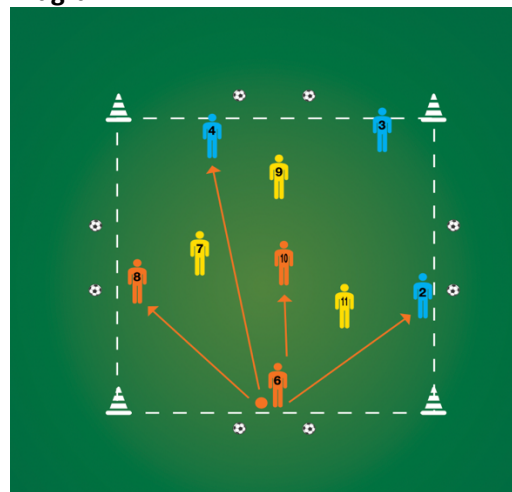


### Positioning Game – 20 Minutes

#### Organisation/ Explanation

- 6v3 Positioning Game.
- Playing Area: 30m x 30m depending on players ability.
- Session set up as illustrated.
- 6 players (Orange and Blue) keep possession from defending red players.
- Team in possession look to always provide 4 options to the player on the ball. Left, right, centre and far as shown on the diagram.
- If possession is lost by a particular colour, orange, blue or red, they become the defending team.
- **Step Up:** Make grid smaller and or limit touches.
- **Step Down:** Make grid bigger and or unlimited touches.

#### Diagram



## Game Training – 20 Minutes

### Organisation/ Explanation

- Session set up as illustrated.
- Players must stay in their designated areas (A,B or C) as shown in the diagram.
- Practice always starts with Orange #3.
- To score, Orange midfielder players look to get on the ball facing forward and try to pass the ball through the end gates.
- 2 points awarded for if they score after combining with the Orange #9 in the end zone.
- If yellow players win the ball, they try and score in end gates located in grid A.

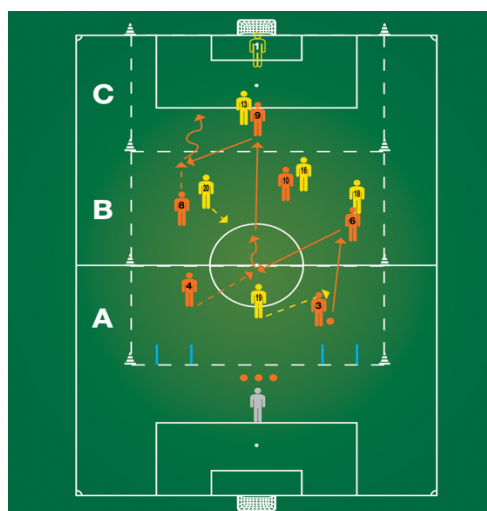
### Progression 1

- Add another yellow player to grid 3, creating a 3v3).
- Orange #3 can enter into grid B to create a 4v3.

### Progression 2

- Removes end gates in grid C, add a yellow player and a goalkeeper.
- Add a Orange #4 player and a yellow #19 to grid A to create a 2v1 in grid A.

### Diagram



## Training Game – 20 Minutes

### Organisation/ Explanation

- 7v7 game (6v6 with goalkeepers).
- Session set up as illustrated.
- Field is long and narrow to emphasis midfield play in central areas.
- Normal game rules apply.
- Coaching on the 'run'. Don't stop the game.
- Maintain team formations for both teams.
- Observe improvement in yellow team's ability to keep possession in midfield areas.

### Diagram

