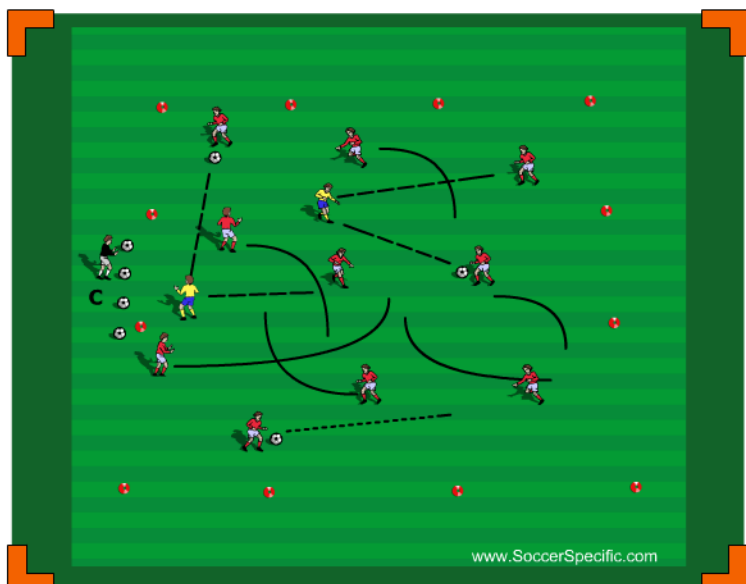


ACTIVITY #1

Set up: 40x40 grid and have your 2 midfielders in a different color bib with multiple balls

Instructions: Have players move around freely in area passing and moving and midfielders must constantly be moving and looking for ball to be passed to them. After 2-3 minutes and players getting warmed up then have the two midfielders compete and see how many times they receive and pass the different balls as the coach adds more.

Coaching Points: The focus will be the midfielder making eye contact and giving a verbal and visual cue to demand the ball and receive under control with a good prep touch. How do they distribute the ball once they receive it.

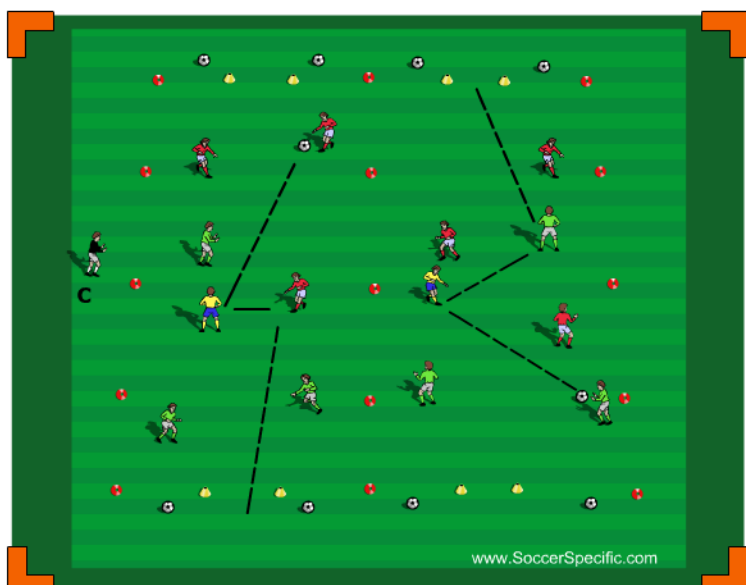


ACTIVITY #2

Set up: 2 grids of 30 x 30 with small goals on each end.

Instructions: Players will play 2v2 or 3v3 or 4v4 depending on the number of players present. Each of the two midfielders in a different color bib will be the neutral player in each grid and a team can score if they utilize the neutral midfielder as they are attacking goal.

Coaching Points: Does the midfielder make themselves available. Do they move towards the ball and receive under control. Do they make good decisions on the attack for the team in possession.

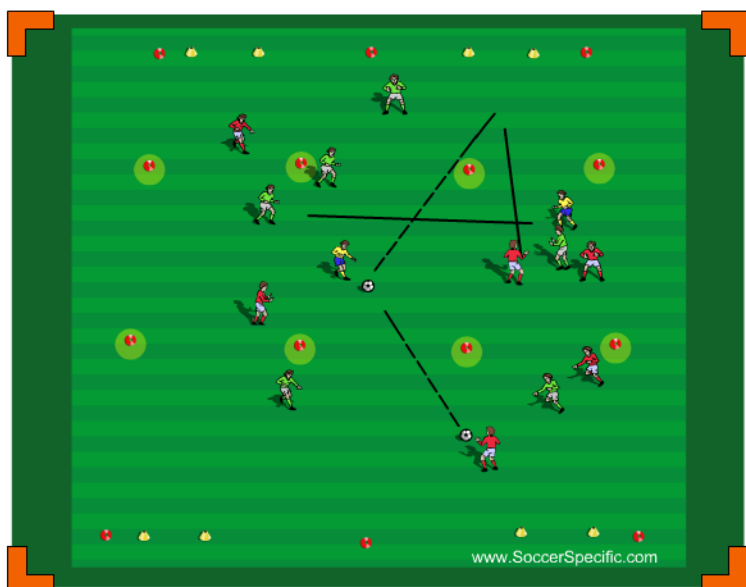


ACTIVITY #3

Set up: Set up at 40x50 grid with two goals on each side with a zone in middle of field.

Instructions: Players will play 5v5 or 6v6 plus 2 in the zone. The two midfielder players are neutral and are restricted to the zone and need to continuous move in the area looking to help the team that is attacking. The game is directional and can score on either goal when attacking. The key is they must use a Midfielder and then penetrate in their attacking area.

Coaching Points: Movement off the ball with verbal and visual cues. Do the midfielders make themselves available and pass the ball using one or 2 touch. How is their prep touch to space or away from Defenders. Do they look over their shoulders to see where the pressure is.



ACTIVITY #4

Set up: 6v6 or 7v7 or 8v8 Game

Instructions: No Restrictions

Coaching Points: Find a moment in a freeze when the midfielder did not provide support and touch on coaching points.

