



Midfield Support Play

Category: Functional: Midfielder
Difficulty: Moderate

Continental Football Club, Philadelphia, United States
of America
Individual-Adult Member

Description

Midfield Support Warm-Up (15 mins)

Set Up

As Shown

Organisation

This is a drill/warm-up to help introduce the basic Coaching Points of Midfield Support. It will help illustrate to the players the movements and types of passing required when supporting from a deeper position.

-Blues play to Blues (move clockwise)

-Reds play to Reds (move anti-clockwise)

-When ball arrives into a new box, every player in that colour must touch the ball before a player can switch.

As this is a Warm-Up exercise ask the players who are waiting to receive the ball to perform Dynamic Stretches and to keep on the move.

Progression 1 - Switch colours. Blue supporting player now plays to a red and Vice-Versa

Progression 2 - Before the supporting player enters the box, one player must come out of the box to provide a bounce pass.

Progression 3 - Make it Competitive. Blues vs Reds. If a teams makes a full rotation without getting the ball taken off them they score 1 point. First to 3.

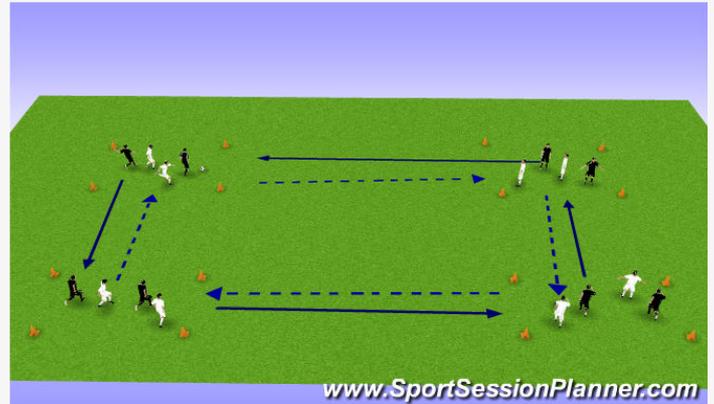
Coaching Points - *The supporting run should be performed at a game related speed.*

Movement into available space by the players waiting to receive the ball.

Bigger touches taken to drive into the space when leaving the box.

Smaller touches and accurate/sharp passing once inside the box.

Communication.



Midfield Support Component 1 (20 mins)

Set Up

As shown half field but can be smaller

Organisation

-Exercise starts with the midfield 3 combining passes.

-Ball is then played out wide to the closest attacker.

-As the ball travels to the wide player the Attacking Midfielder & One Central Midfielder supports the attack.

-One recovering full-back will join the two Central Defenders to make it a 5v3 attack.

-If defenders win the ball they play it out to the next group of Midfielders.

Progression 1 - Add another recovering defender to the exercise to make it 5v4 or add a Defensive Midfielder to make another 5v4 option.

Coaching Points -

Supporting Midfielders should not be static. Be on the move forward as the ball travels.

Supporting Midfielders can offer various options to the attack :-

-Overlap round Wide player

-Attack the box if a cross is on.

-Sit at edge of the box if ball drops out

-Provide a cut-back option

-Provide depth in attack to offer switch option



Midfield Support Component 2 (20 mins)

Set Up

Field 30x50 divided into 3 3rds

Organisation

- Middle Zone is a 4v4.
- 1v2 in each end zones.
- After 2 passes are completed the ball can be played into the striker.
- 2 supporting mifielders can join the Forward. Making it a 3v2.
- *Rule - Midfielder who passes into the striker **can't** go into support*.

Progression 1 - Make the middle zone Two-Touch or Increase number of passes needed.

Progression 2 - In the Final third it is a One-Touch Finish Zone (This forces the attackers into goalscoring positions)

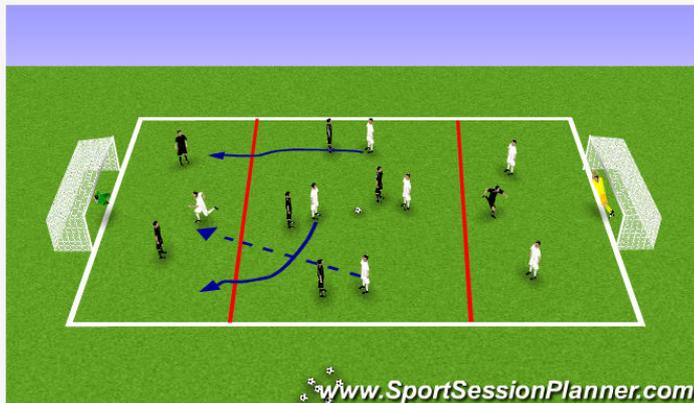
Coaching Points

Quick movements from the Supporting Midfielders into the Final 3rd.

Varying runs and movement to create goalscoring opportunities and to drag the defenders out of position.

Do not slow the attack down. Do it at speed.

Recover quickly if ball is lost.



Midfield Support Phase of Play (20 mins)

Set Up

As shown

Organisation

This is a Phase of Play looking at Midfield Support in a 4-3-3. It will look at the movements and options given by the supporting Midfielders and also the covering deep lying Midfielder.

- Ball starts from Defenders
- Work the ball forward into the final third and look to support from Midfield.

Coaching Points - Movement in the Final Third. **Speed of Play.**

Penetrating runs with or without the ball.

When Midfielders are in between lines then look to perform through balls to Attacking players.

Playing the ball out wide early and attack the box.

Keep the Defence pinned in their half and add numbers to the attack to allow ball retention.

