

# Stop a forward pass

This session is designed to improve your midfielders' defensive responsibilities by stopping forward passes and reacting to make recovery runs or track opponent's forward runs.



### What you tell your players the session is about

1. Improving the defensive duties of your midfielders.
2. Improving recovery runs.
3. Improve tracking the forward runs from opponents.

### Session planner

Warm up 10 mins	Session 15 mins	Developments 15 mins	Game 15 mins	Warm down 5 mins
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Activity	Kit	Outcome
Warm-up	#13 – movement chase	Builds a winning mentality for the session ahead
The session	Balls, cones	The midfielders are now working hard to stop forward passes
Development	Goals, balls, cones	The defenders hold up play to allow the midfield to recover
Game	Goals, balls, cones	The midfielders are blocking passes. But if the opponents get through they are ready to make recovery and tracking runs
Warm-down	n/a	Gentle jogging and stretching exercises



### Where it fits

Individual skills: Defending techniques (pressure, recovery runs, tracking forward runs, blocking passes)

Team skills: Team work, communication, group defending

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### What to think about

Does your midfield work hard enough to stop the opponent's forwards?

If a pass is made into the opponent's forward, do your defenders get tight and stop the players from turning, allowing the midfielders to make recovery runs?

Do the midfielders recover and track forward runs from the opponent's midfielders?

This practice is aimed at improving these defensive midfield duties.





## Set-up

- 40 x 30 yard area.



## What you get your players to do

The two midfielders must move across the line and stop the opponents making forward passes across to the other team.

If the midfielders intercept a pass they are replaced by the passer and the intended receiver.



## What to call out

- “Close the gaps”
- “Keep moving”
- “Can you block the pass?”



## Development

Add a goal, goalkeeper and two defenders, and remove the requirement for the midfielders to stay on the centre line.

The midfielders again try to stop the forward pass.

If the pass reaches a forward, the defenders need to hold up play by getting tight to the forwards and stop them from turning. This gives the midfielders time to make recovery runs.



## Game situation

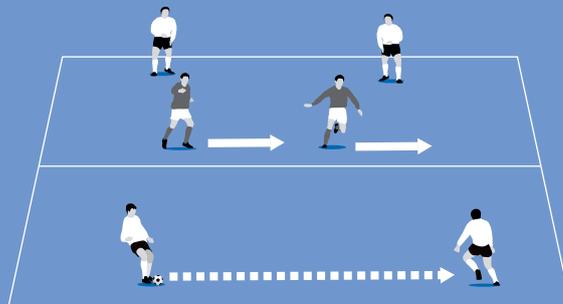
Three opposing midfielders must try to pass to their attackers and then break out of the area to run forward and score.

Your midfielders must try to stop this forward pass and score in the mini goals.

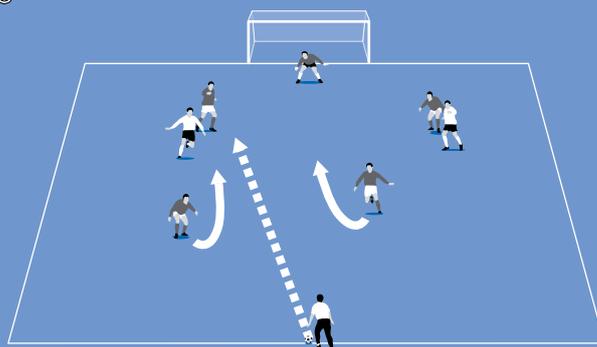
However, if the ball does get to the forwards, the midfielders must react to make recovery runs and track any forward runs made by the opposing midfielders.

# Stop a forward pass

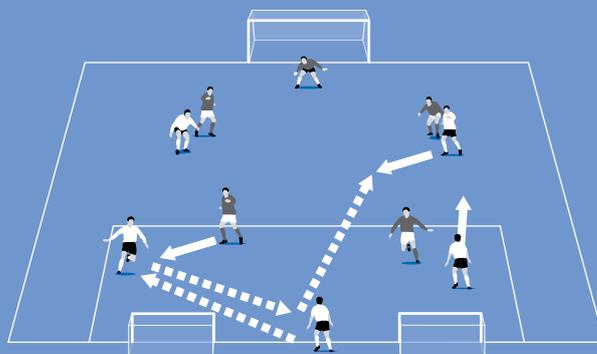
direction of run ⇌ pass/serve ⇌⇌⇌⇌



The midfielders move from side to side to block the passing option.



The defenders must hold up play to allow the midfielders to make recovery runs.



The two grey midfielders must stop the forward pass or they will have to track their opponent's runs.