

St. Mary's Youth Soccer Training Series

Topic: Playing Through the Midfield
Age/Level: All
Type:

→ Run Pass ●~~~~~ Dribble



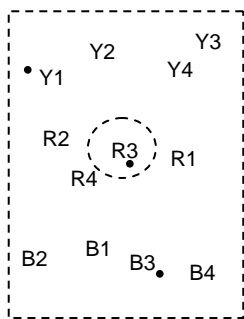
Notes:

This session is to progress with playing through the midfield.

Key factors are ball movement through the midfield, effective movement, communication, and turning quickly and away from pressure.

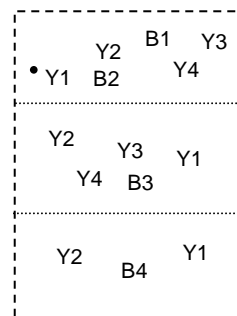
Thanks To John Greeley

Progression: (Warm-up)
 Exercise: Pass and Move
 Time: 5-10 Minutes



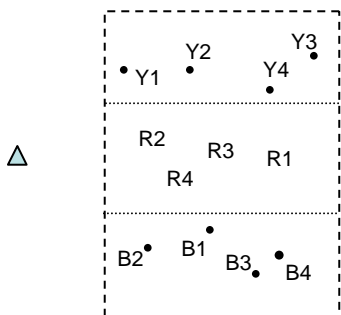
In a grid 60x45
 Make up 3 teams and put them in different colors.
STEP 1: Have 1 ball per team and have each Team pass and move with their team in groups of four.
STEP 2: Same as 1 but have them sprint to cone outside the grid
STEP 3: Same as 1,2 but now after all players have received a pass they leave the ball and sprint to other end as a group and start passing around again, repeat for 10 cycles

Progression: 3
 Exercise: 8 vs 4 in zones
 Time: 20 Minutes

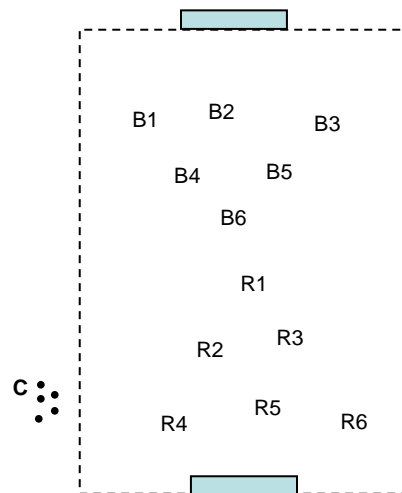


2 teams yellow/blue. Use 1 ball. Blue defends first, but each team is rotated through. Ball starts with yellow. Goal is to work it up to the target through the midfield. If the ball is stolen by defenders, they may possess it until Y can win ball back.

Progression: 2
 Exercise: Passing through fours
 Time: 60 Minutes



Using the 3 teams, place each team into one of three zones in a 20x45 grid. Each player in the outer zones gets a ball.
 Demo: Yellow passes to red. Red passes back to yellow. Red Turns and does the same to blue.
 Rotate all teams through the middle grid.
 Step 2 Demo: Only 4 balls in the end of the grid. Yellow plays the ball to red. Red turns and plays the ball to blue, then repeats. (Rotate all in Mid)
 Step 3: 2 balls in one end of the grid. Same rotation as Step 2. Encourage communication and movement off the ball.
 Step 4: Add 2 cones 5 yards outside of the grid. Use 2 balls. On both sides simultaneously, red checks outside of the grid to the cone, receives the ball from yellow, then plays to blue and vice versa.



Progression: 4
 Exercise: Small Sided game
 6v6 Game
 Time: 20 Minutes

Use 5 yards goals. To score, pass the ball through the goal. Watch and see if they use the building aspects of moving through the midfield.