

Techniques Vital for Success as a Midfielder

- (1) Accurate passing, both long and short.
- (2) Receiving and turning under intense pressure.
- (3) Shooting, both from distance and close range.
- (4) Dribbling for possession and penetration.
- (5) Heading, attacking and defensive.
- (6) Tackling.
- (7) Crossing from varying angles and positions.

Application of Techniques:

Midfielders as a group – defensively:

- o Pressing opponents to disrupt their flow.
- o Offer pressure on ball, support, and balance.
- o Delay the opposition attack through “squeezing” space.
- o Provide zonal, man-to-man or a combination scheme.
- o Recovery runs to get behind the ball.
- o Transition from attack to defence.
- o Communication with fellow midfielders, defenders and forwards.

Midfielders as a group – attacking:

- o Offer support, both behind and in advance of the ball.
- o Transition from defence to attack quickly.
- o Make positive forward runs (with or without ball)
- o Maintain team balance and shape.
- o Link the play from defenders to attackers.
- o Offer width and depth.
- o Make runs to exploit and create space for self and team mates.
- o Alter the flow of the game (high tempo etc)
- o Make runs in advance of the forward line.
- o Shooting from distance and close range – finishing.
- o Combination play in middle and attacking thirds of field.

These coaching philosophies were used when developing the Full Season Session Plan