

Lead Coach/Assistant Coach: Mitch Gough/Carl Rhodes

Session Development (Why and Who)	We play in a 1-3-5-2 formation and will do for the forthcoming season. One thing I'm keen to develop this season is I have observed that in our friendly against Lapal the midfield combinations really coming together. This may lead me to play with one player from the 2 dropping into Midfield to really control that area. I will work on central midfield combinations today in training. Building on from the above session after the Lapal Game I want to revisit this.		
Main Objective	Playing through Midfield		
Player Considerations	Technical/Tactical Can players receive under pressure with the correct body shape? Can they see the pass/picture before ?	Psychological Are players confident and brave enough under pressure to play through?	
	Physical Can we support that single striker from Midfield?	Social Encourage communication, are leaders emerging that we can support. Are players supporting each other under pressure? Again can we promote this?	
Principles of Play	Movement, Create Space and Support		
Primary & Secondary Units	Primary = CMx2 Secondary = LWB, RWB, ST. These players provide width and Vertical Progression.		



Arrival Activity/Warm up – 15 Mins – Ball Mastery, Passing and Movement

Space: Whole 18 Yard Box

Players as they arrive asked to get a ball and move inside the 18 Yard Box with the ball at their feet, practicing ball mastery, and control within the area.

Individual Objectives:

Avoid Other Players (Eyes Up)

Tight Control in tight space – burst into open space with a bigger touch

Dribble with the ball – what part of the foot are we using to move the ball?

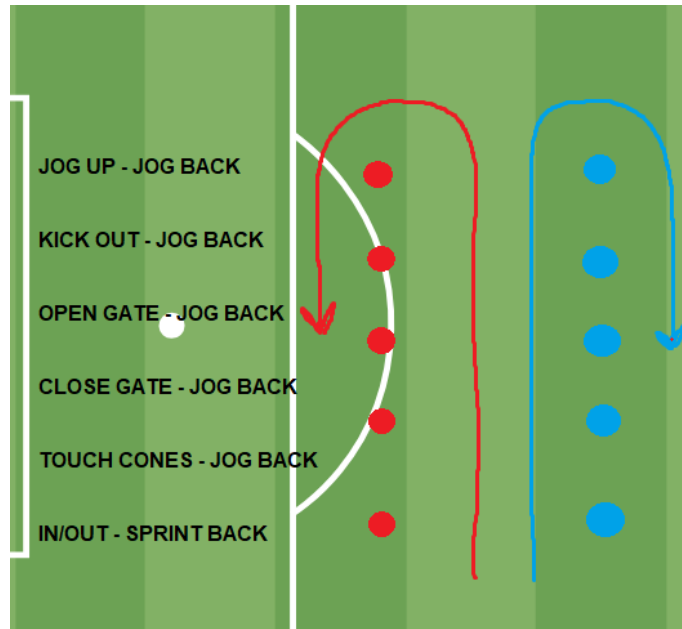
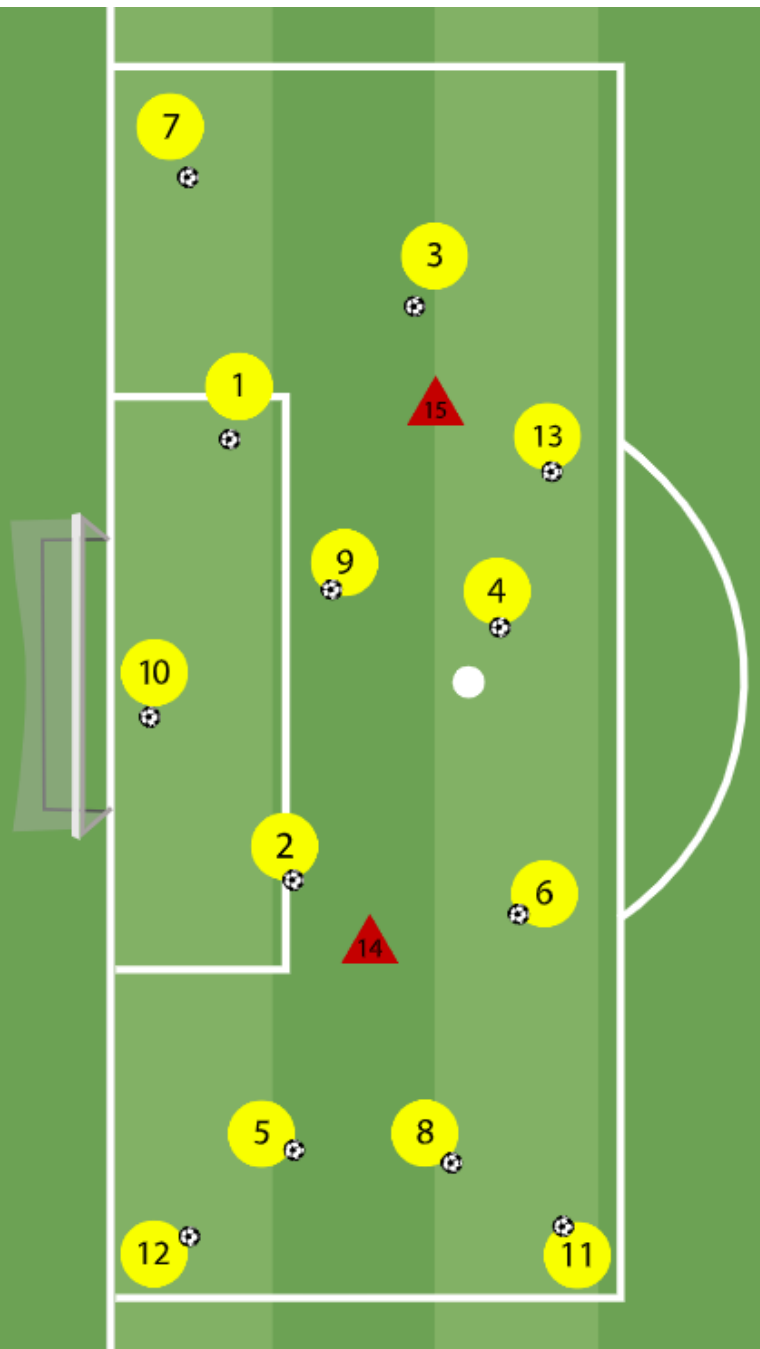
Be Creative with the ball – how can we manipulate the ball?

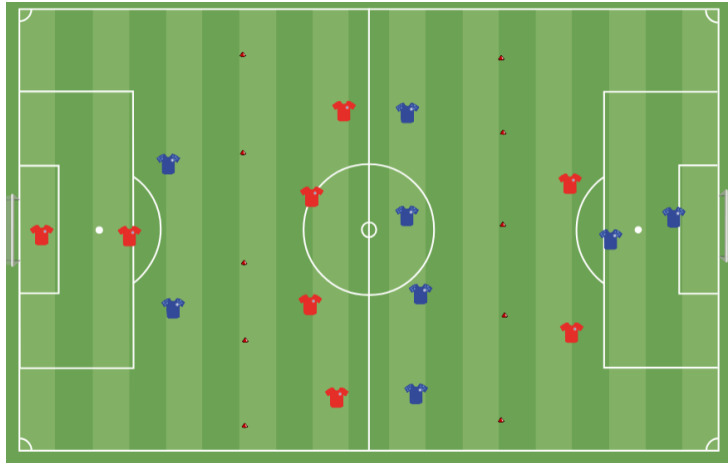
Progression:

Take the football away from 2 players. These 2 players must now complete as many 1-2 (or Bounce passes) with a player with a ball - keeping score. They must move to a different player each time and keep score. Scan for space, keep the ball in the 18 yard box. If the ball leaves the 18 yard box the score they have resets to zero. They can't move on until the player they received the ball from has the ball back at

their feet. Each week change 2 players who receive the passes and keep scores, and each player gets a chance to beat their score and become the “pass master” Keep scores of this on Tactic Board to keep competition and get ball rolling.

Cone Warm Up to Finish: Each week someone will lead this warm up. This is good for the lads socially to experience leading practice and demonstrating. The pattern is the same and once finished they are ready to go straight into practice.





Practice: Playing through Midfield

Set Up: Boxed area of 30x30 2 teams playing directionally as shown

In the first instance it will be timed but unopposed with Interference teams will start with the outside “bounce players” and they will have to progress the ball through the box to their team mate the other side. Every player must make a connection first team to finish wins. Focus on scanning as the ball comes to you and having an idea of what to do as the ball is travelling.

Progression: After playing 3 times to get a winner. The winning team starts with the ball with their outside player. They must make 3 central connections before finding the other player on the other side for a point. If they do – play back through to score another.

Other team try to dispossess and upon regain get the ball out to their outside player for them to start in possession and they can score.

Ssg: Must go through midfield, locked in

Set Up: Ssg on Pitch – but Midfield area boxed off. Teams will play with 1-1-4-2 This will create high numbers in Midfield but also give the option for goal scoring chances by having the defender overloaded. Players will be locked in their areas of the pitch.

Ball must go through midfield and have at least 2 connections. Forced restarts from the coach if possible. This will take time and will need to be repeated next week as it will be difficult and congested in the middle. Learning Takes time!

Evaluation

Post session Thoughts: Players having done the exercise before in the “locked in” central areas knew how much more difficult it would be. But knowing that they are getting success in the league from this midfield combination play does help make them realise its working and its importance. Revisit it again but not till a few more sessions or if I observe the breakdowns happening in Matchday reflections.

WWW – much improved from last time and the players can see its value

EBI – We can build next time so you can travel from that Midfield area

COM – Next time we revisit this – we will put in the rule that you can travel through in possession from Midfield to keep the players engaged.