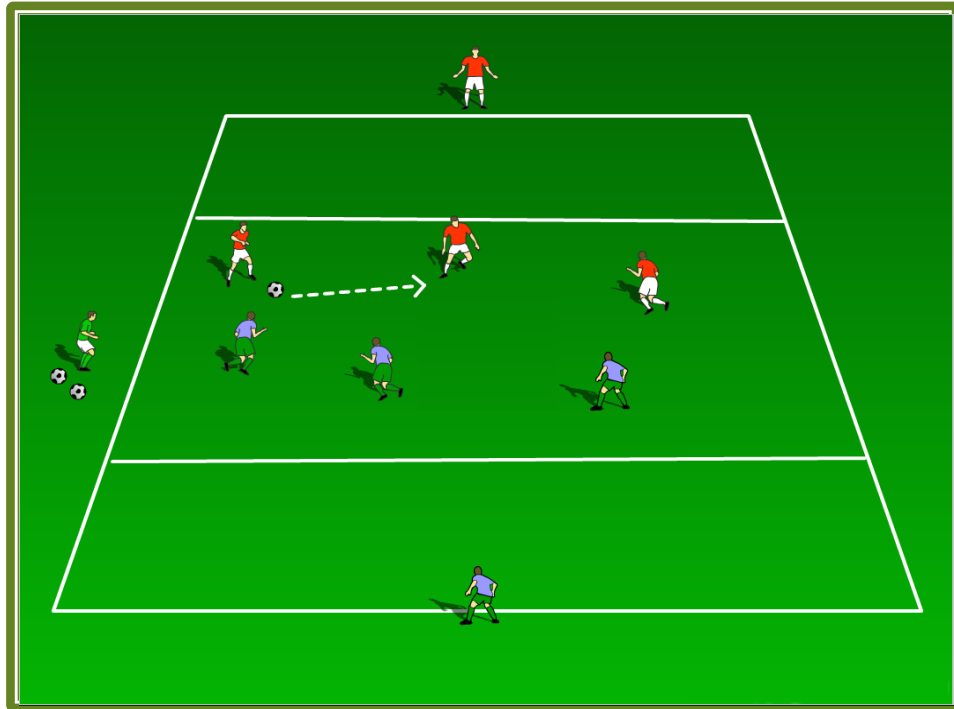


Coaching the holding midfielder - Advanced

Area – 30 x 30 (three zones) Middle zone is 30 x 20 and two end zones are 5 x 30. 3 v 3 is played in the middle zone with a holding midfielder on the end line of the 5 x 30 zone. The coach has the balls.



1. The 3 players attempt to dribble the ball to the opposite end zone.
2. The holding midfielders when defending or attacking give verbal instructions to their three team mates.

When defending – The holding midfielder communicates to team mates and can also step to the end line to stop a goal being scored.

When attacking – The holding midfielder player can be used when keeping possession of the ball

Variation:

Add two holding midfielders.

Coaching points:

Verbal support could be:

“Man on” “Get tight” “Show inside” “Win the ball” “Get goal side”
“Support” “Score”

