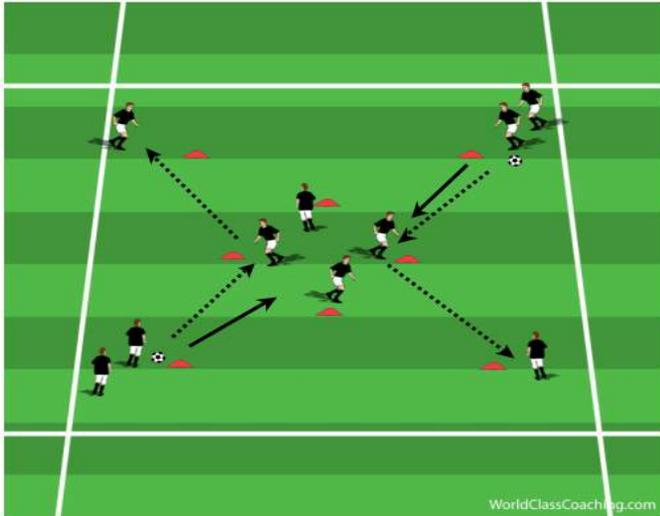


# PLAY THROUGH THE MIDFIELD



Area – 25 x 25 square with diamond in the center as shown. 10 - 16 players and two soccer balls. Players are placed on the corners and one player on each of the cones in the center. Start with two balls. Pass the ball clockwise. Players follow their pass.

1. Player passes to the angled player who receives the ball with their back foot (Right foot) and passes to the next player.
2. Outside player takes a touch around the cone with their back foot (Left foot) and passes to the next waiting player.
3. After every pass, the player follows the pass to the next cone.
4. Players attempt to take two touches.

Variation:

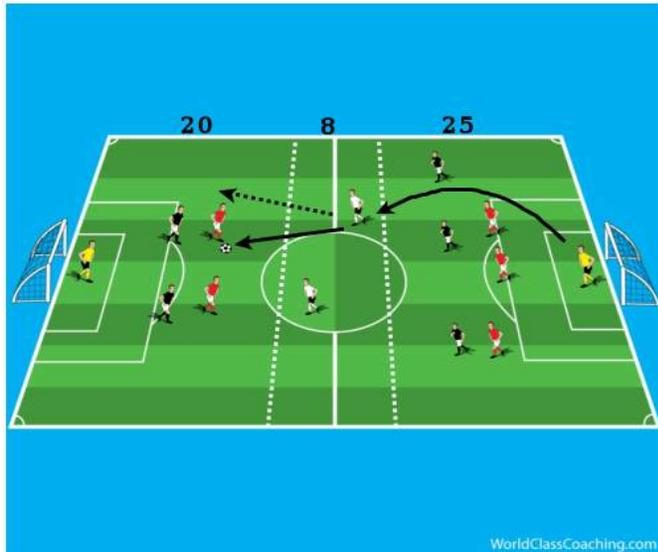
Go counter clockwise. Outside players back foot going counter clock wise will be their right foot and for the middle players, it will be their left foot.

You can also add three or four soccer balls depending on the ability of your group.

Coaching points:

Pass, weight accuracy and timing. Communication.

Receiving with their 'Back foot' with open body shape so they can see the player passing the ball and the player they are passing too. Enthusiasm.



Area – 30 x 53 playing area with three zones. 14 players are shown. Split the teams into 6 players with two neutral players. Set up a 3v3 in the 25 yard area and a 2v2 in the 20 yard area. (3v3 can be played in both areas if you have more players) The central zone is for the neutral players. All the players except the neutral players stay in their zones.

1. Play starts with a pass from the goalkeeper to a neutral player.
2. The neutral player now starts an attack for the reds. A 3v2 is played in the 20 x 30 zone.
3. If the dark team win the ball they can pass to the other neutral player to start the attack on the opposite goal where a 4v3 will be played.
4. If a goal is scored the goalkeeper starts the attack by throwing the ball to a neutral player.

Coaching points:

See the different ways in which the extra player can affect the game.

Play quickly

Look for the triangles

# PLAY THROUGH THE MIDFIELD



**Area** - 60 x 40 (or full field) with two teams playing 7 v 7.  
The field is split into thirds.

- Normal soccer rules apply.
- The only change is when the goalkeeper has possession of the ball the opposition must move behind the line marked on the field.
- Once the goalkeeper distributes the ball the opposition can now cross the line and attempt to win the ball.
- Remove the lines once you feel the team is getting a grasp on playing the ball out from the back.

**Coaching points:**

Split quickly into space once the goalkeeper has the ball.  
Quality of the goalkeepers distribution and where it goes (To feet or to space)

**Finish the session playing a scrimmage. Look for the team that can play the ball forward.**

Coaching notes:

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