



THEME 36:

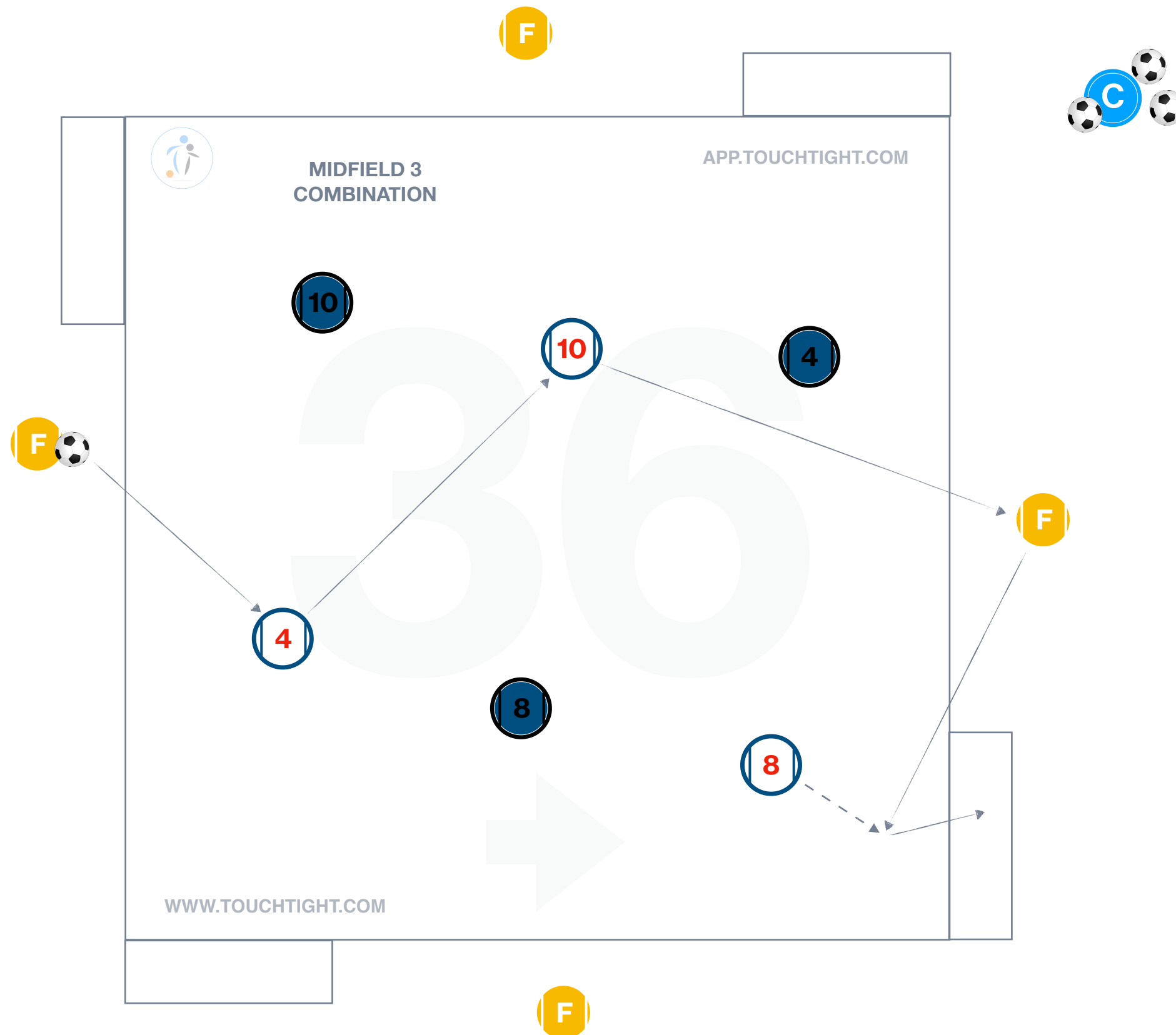
MIDFIELD COMBINATION PLAY

PRACTICE 06: POSSESSION BASED

AGE GROUP: 12+

| Title | Date | Start Time | Duration | No. of Players | Area Size |
|-------|------|------------|----------|----------------|-----------|
| | | | | | |

HOW TO COMBINE IN THAT MIDFIELD 3



ORGANISATION:

This practice is focused on developing the player to player understanding in a midfield 3 against 3 opposition midfielders. The objective in this 25 x 25 yard exercise is for the midfield players to combine from one end to the other before finishing from one touch off the floater.

The opposing team will do the same, but will work vertically and play off other floating players

KEY COACHING POINTS:

- Passing quality under pressure to keep the ball
- Movement to create space for self and others
- Speed of support for penetrative passes and bounce
- Angles and distances to give more time to play

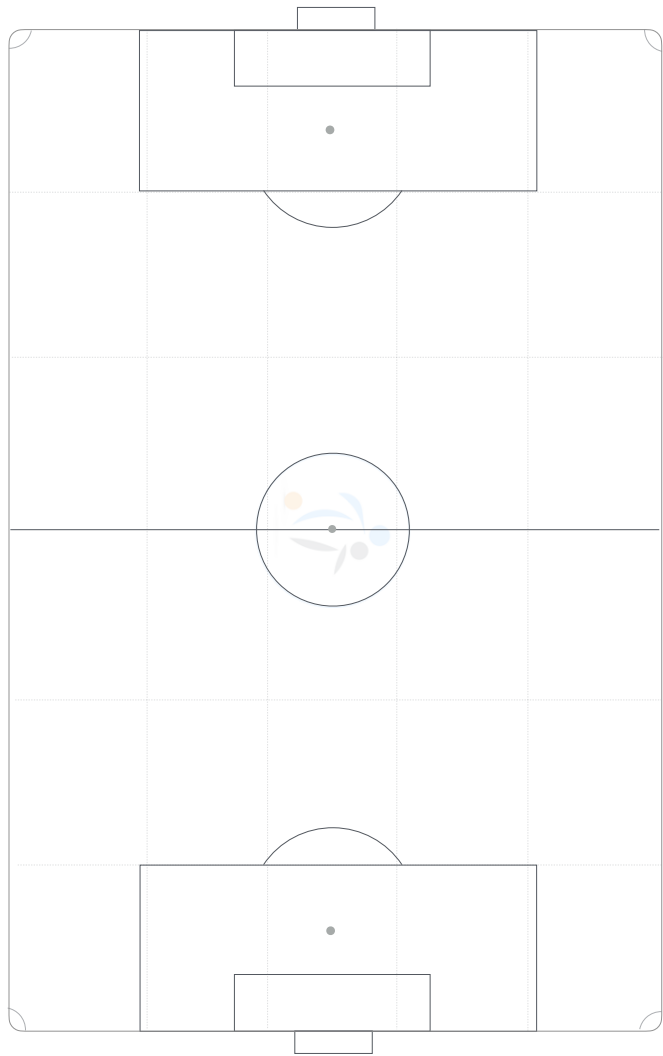
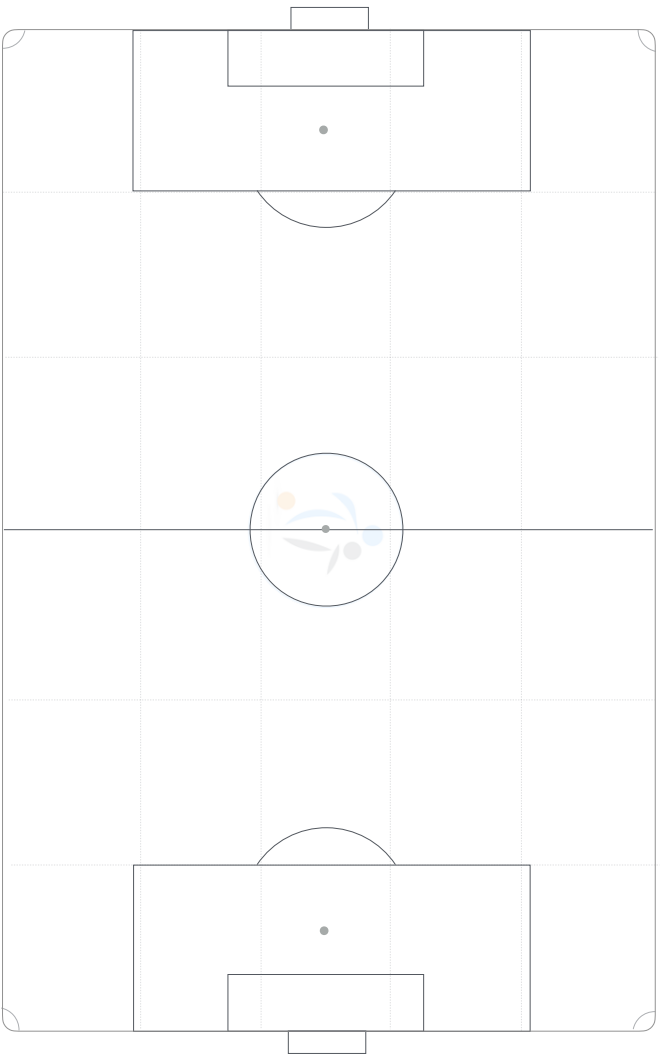


PROGRESSIONS:

ADDITIONAL INFORMATION

PLAYER QUESTIONS:

COACH PLANS



ADDITIONAL INFORMATION:



Detail any individuals, pairs, trios and units to work on in the group and specify what detail you will be developing within each session element.

| Player initials | Technical | Tactical | Social | Psychological |
|-----------------|-----------|----------|--------|---------------|
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| Player Pairs initials | Objectives |
|-----------------------|------------|
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| | |

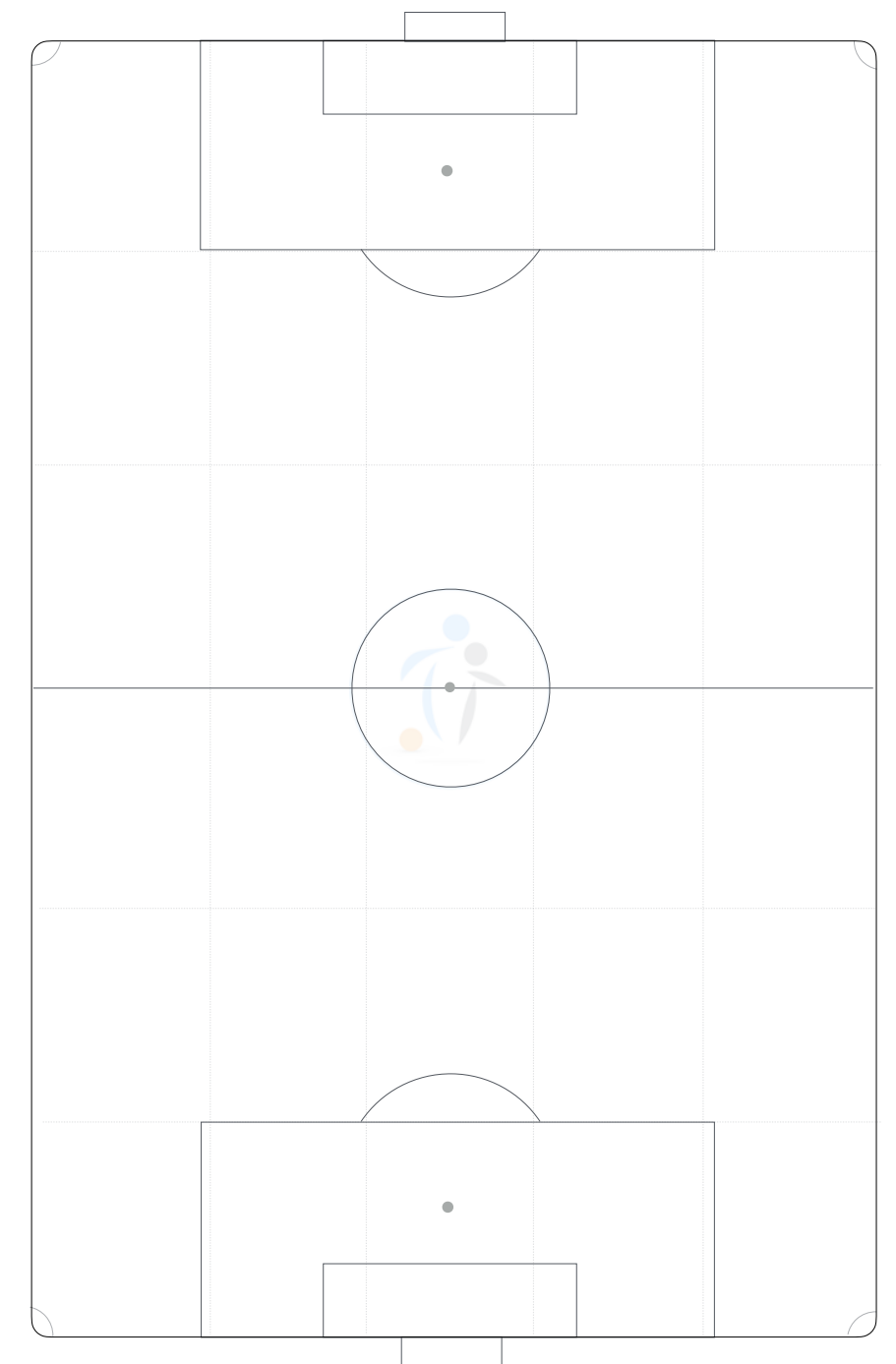
| Player Trios initials | Objectives |
|-----------------------|------------|
| | |
| | |
| | |

| Player Units initials | Objectives |
|-----------------------|------------|
| | |
| | |
| | |

Post Session Outcomes

| What went well? | What did we learn? |
|-----------------|--------------------|
| | |
| | |
| | |

Absentees: initials



[LINK TO THE BIG GAME](#)

How will we apply this session to a game situation?

