

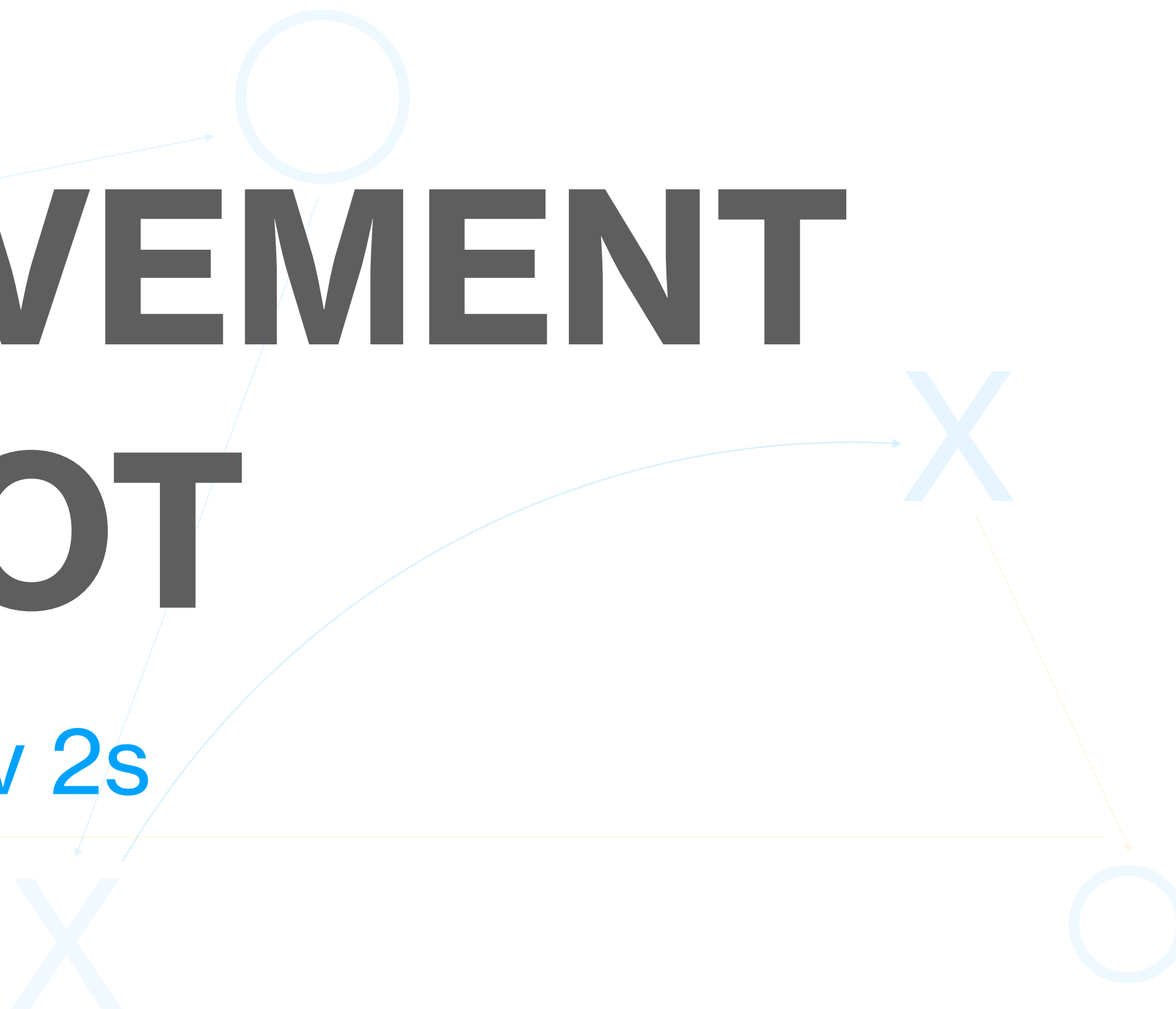


THEME 63:

# CDM MOVEMENT AS A PIVOT

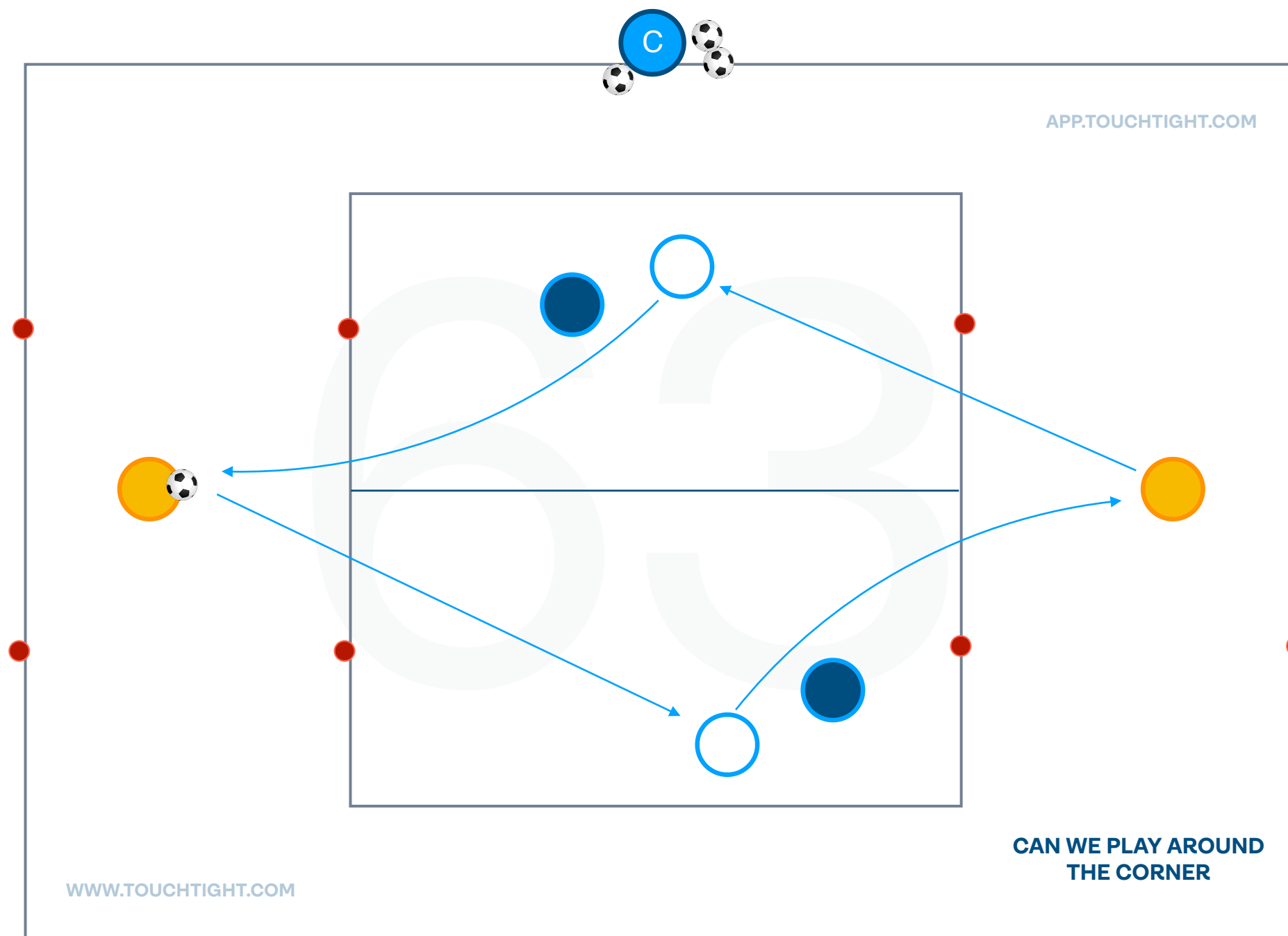
PRACTICE 2: 1 v 1 / 2 v 2s

AGE GROUP: 9 TO ADULT



Title	Date	Start Time	Duration	No. of Players	Area Size

## HOW TO PLAY ON THE HALF TURN



### ORGANISATION:

This possession practice works on our midfielders ability to lose markers to find space to be able to play around the corner in one or two touches. In a 20 by 20 yard area, we have a 2 v 2, with 1 player allowed in each half, with a floater/target player to support possession at each end. The objective is for central players to attempt to find enough space to play on one touch to the opposite end. They can use teammates to support if marked closely or bounce back to support player to play straight through. Play 3 x 90 second rounds (x3), rotating paired players.

### KEY COACHING POINTS:

1. Create enough space to play on the half turn and make a first time pass around the corner, checking shoulders for receivers position
2. Movement to create space for teammates to penetrate or play around opposition
3. Develop rotations inside to out, between central players and target players as would be seen in a game situation

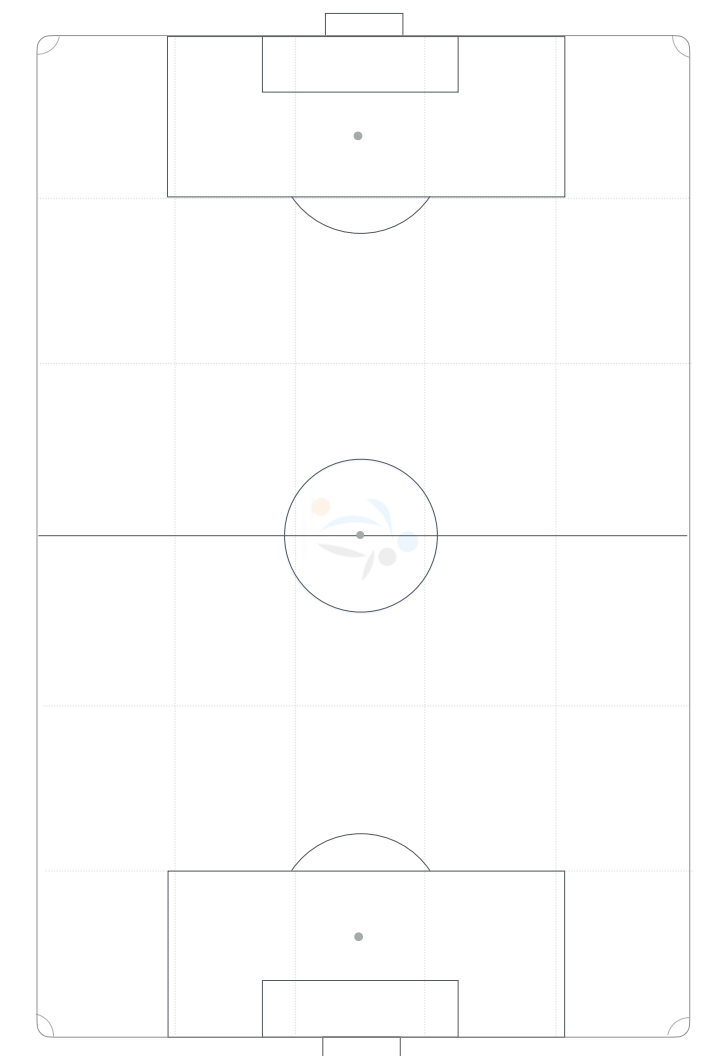
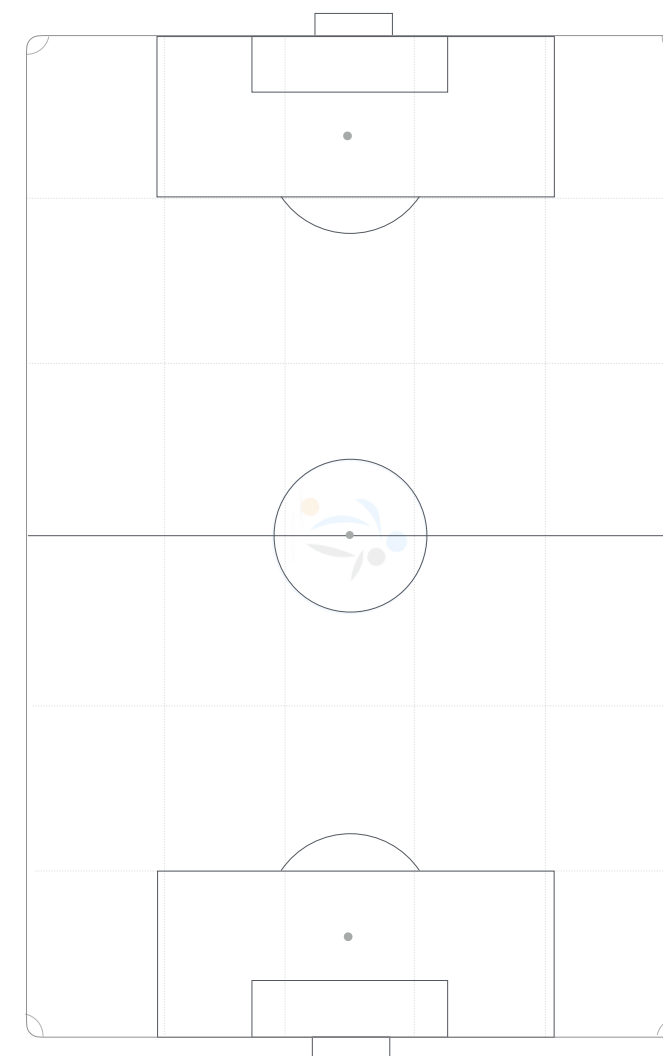
## PROGRESSIONS:

## ADDITIONAL INFORMATION

## PLAYER QUESTIONS:

## ADDITIONAL INFORMATION:

## COACH PLANS



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

Player Pairs initials	Objectives

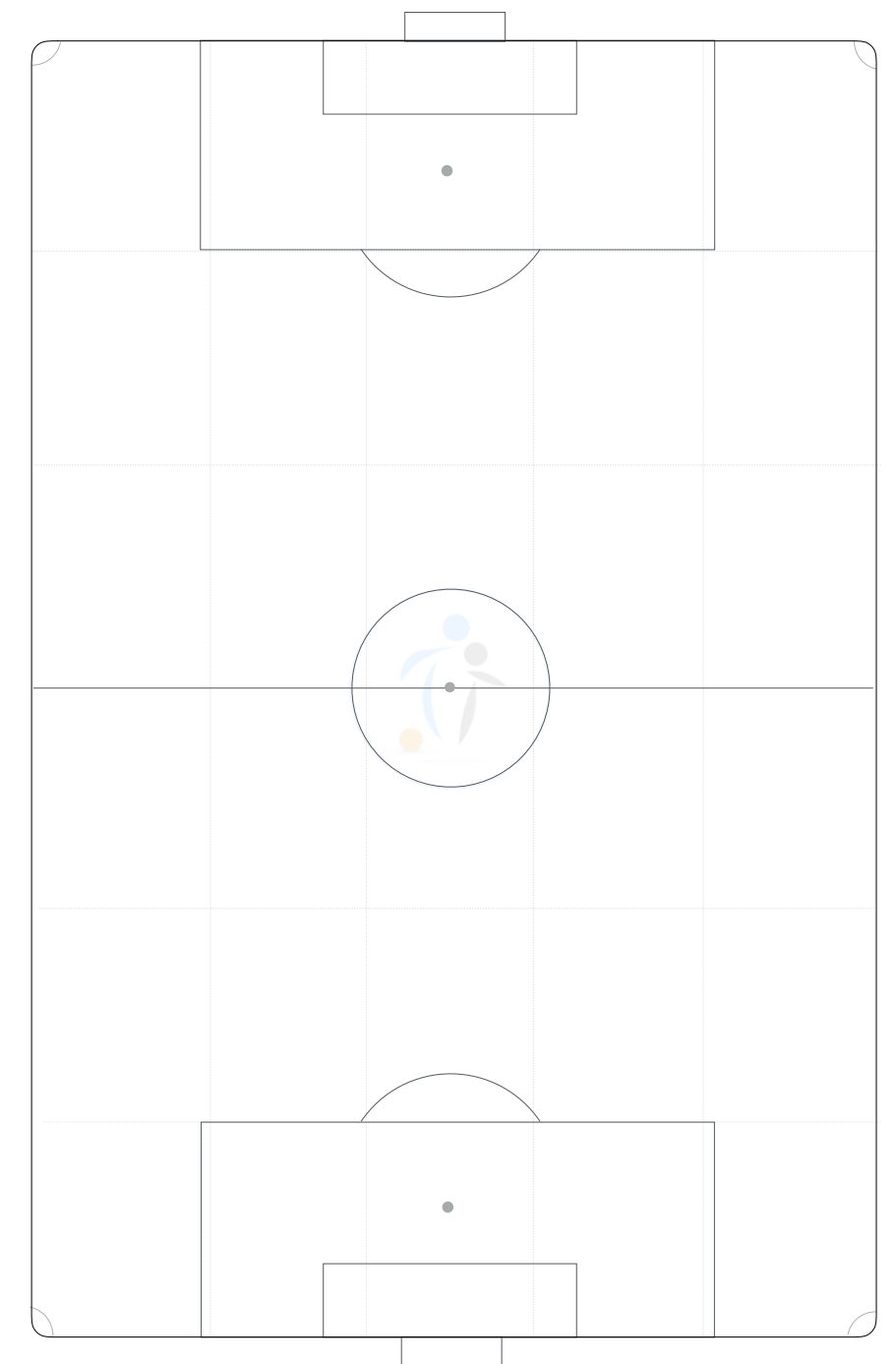
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

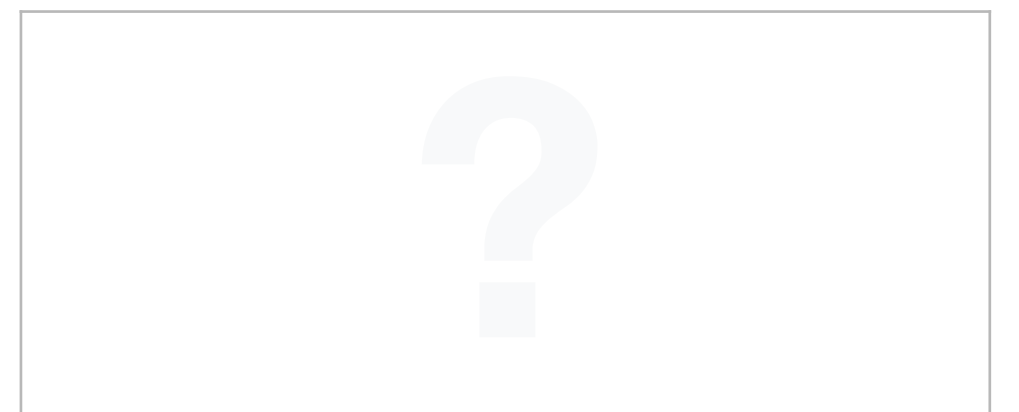
What went well?	What did we learn?

Absentees: initials



LINK TO THE BIG GAME

How will we apply this session to a game situation?



Individual Player objectives by team to measure progress

Player	Objective 1	Objective 2	Objective 3	Player Evaluation



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