



## THEME 31:

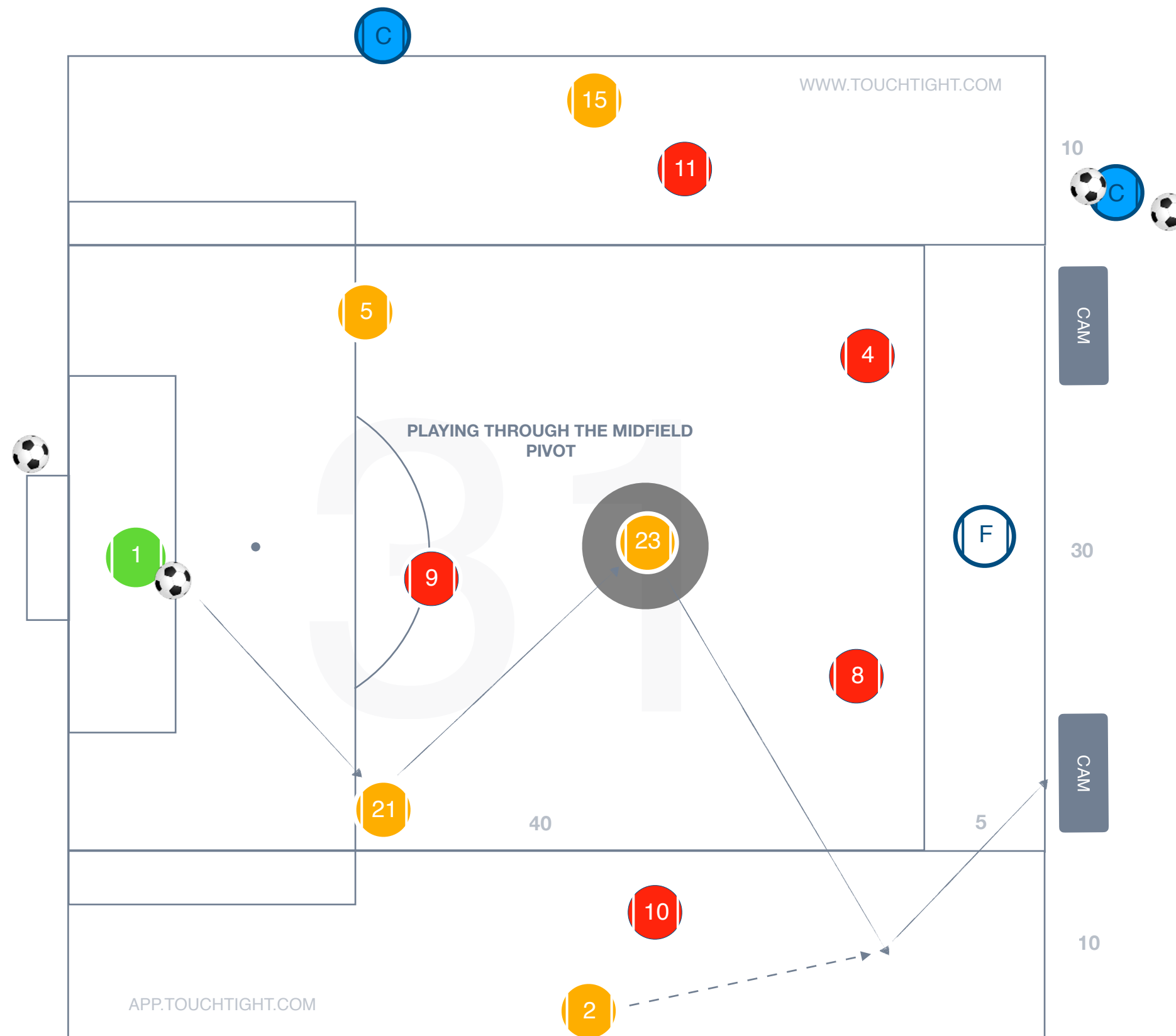
# BUILDING THROUGH THE THIRDS (CDM)

## PRACTICE 12: LEAD PRACTICE

AGE GROUP: 14+

Title	Date	Start Time	Duration	No. of Players	Area Size

## HOW TO CONNECT AS A DEFENSIVE MIDFIELDER



### ORGANISATION:

This is Practice 12 of Theme 31 Building through the midfield thirds (CDM) is focused specifically. On the movement of our defensive midfielder and their ability to connect play in the defensive half. In an area less than half a pitch in length and 5 yards in from each side of the pitch. Objective is for a team of 5 outfield players plus the goalkeeper (set up in a 41) to play through and finish in one of 2 mini goals, with the option to connect with an end floater against 5 defenders set up in a 23 (replicating a 433).

### KEY COACHING POINTS:

- Spacial awareness for self and teammates
- Body shape to be able to see play behind and see spaces to turn into
- One touch around the corner
- Connecting in one and two touches
- Being able to remain calm under pressure



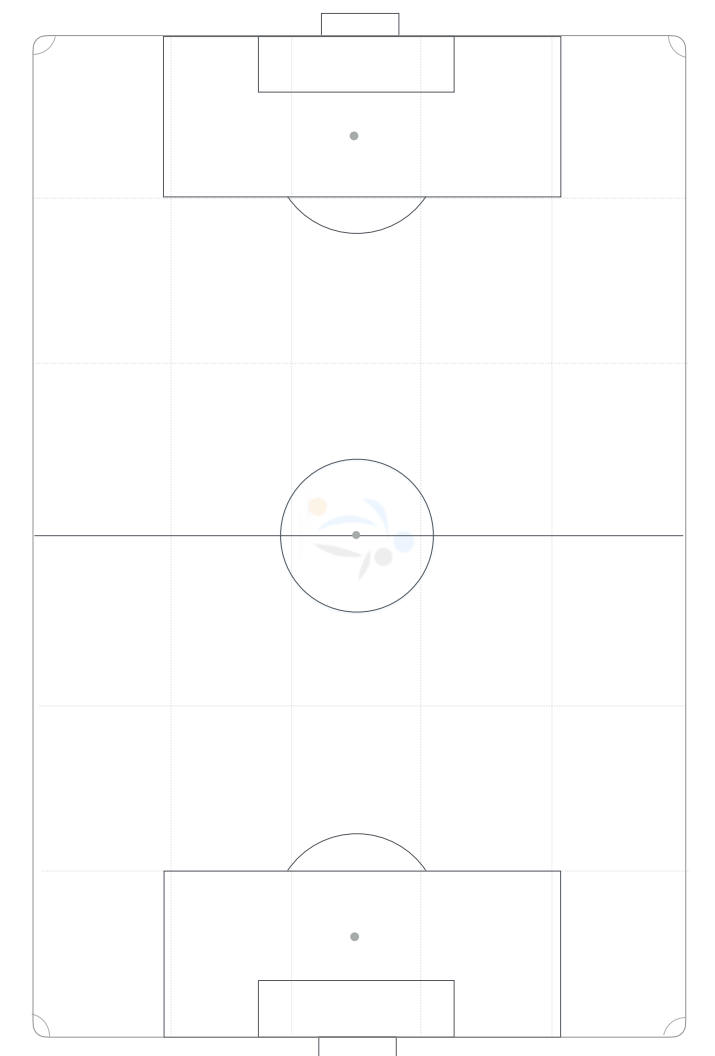
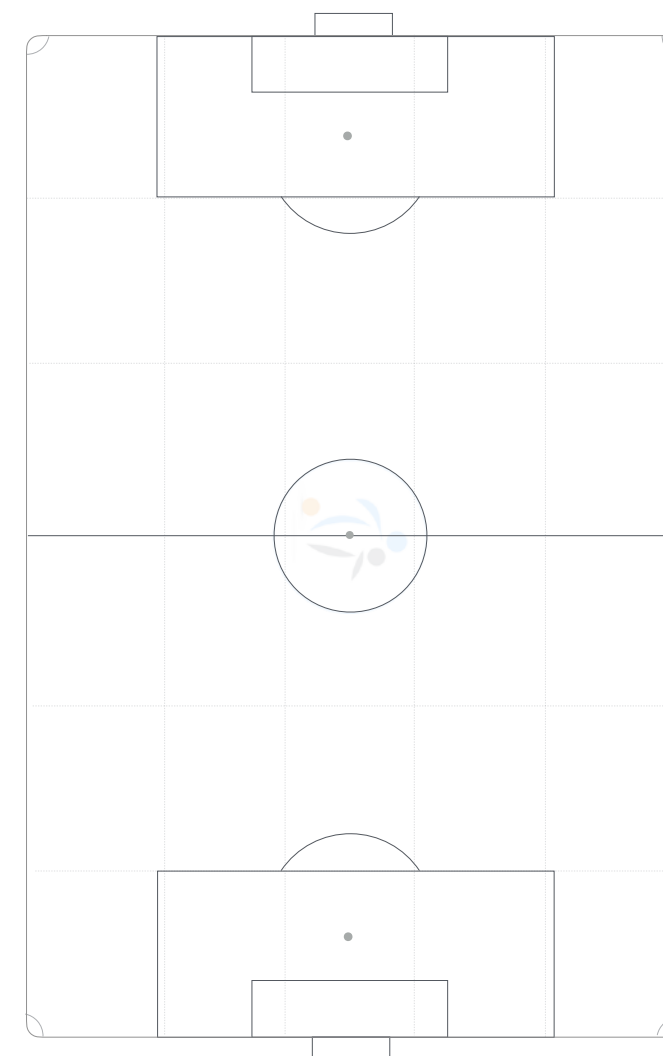
## PROGRESSIONS:

## 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

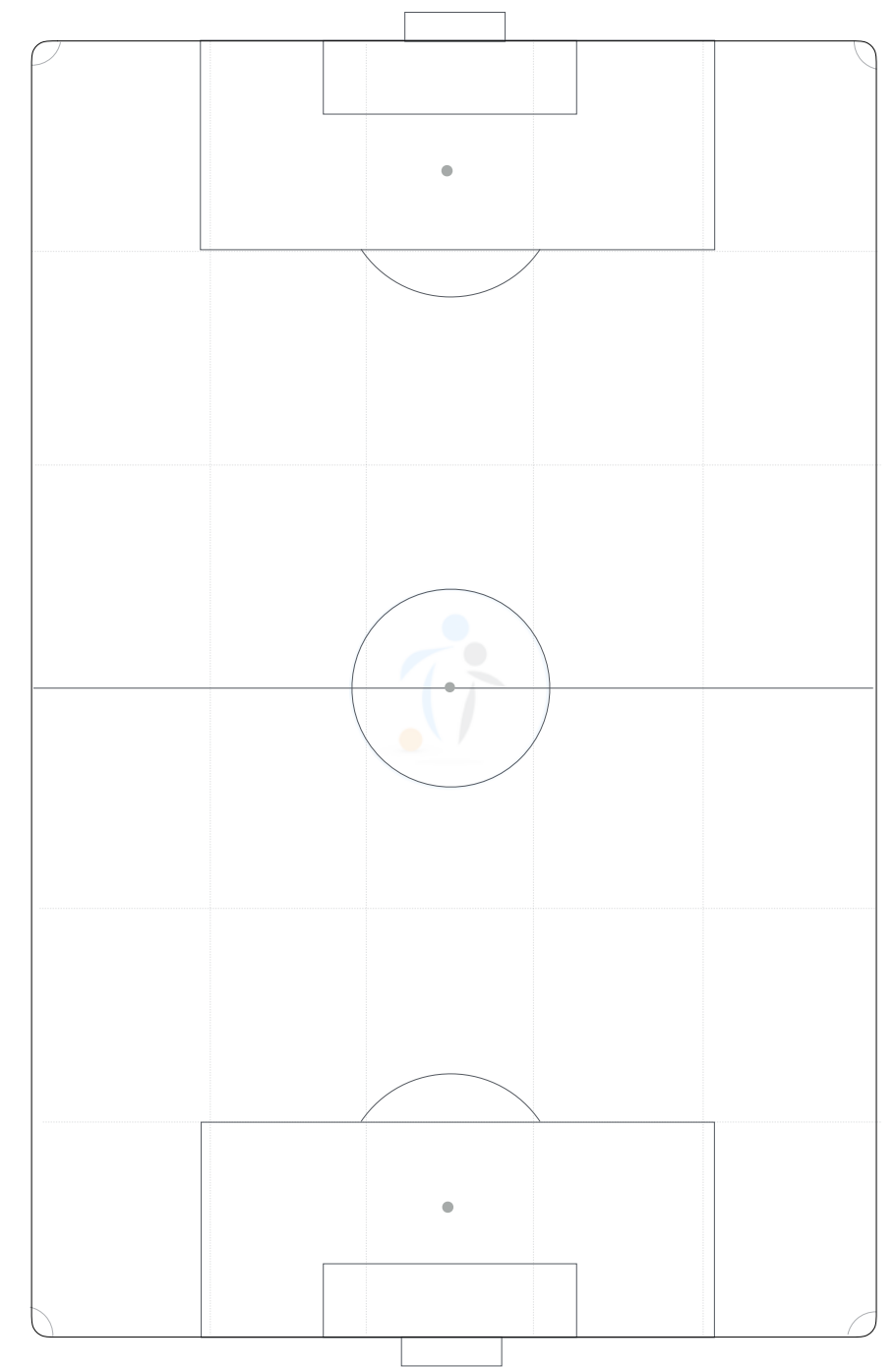
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

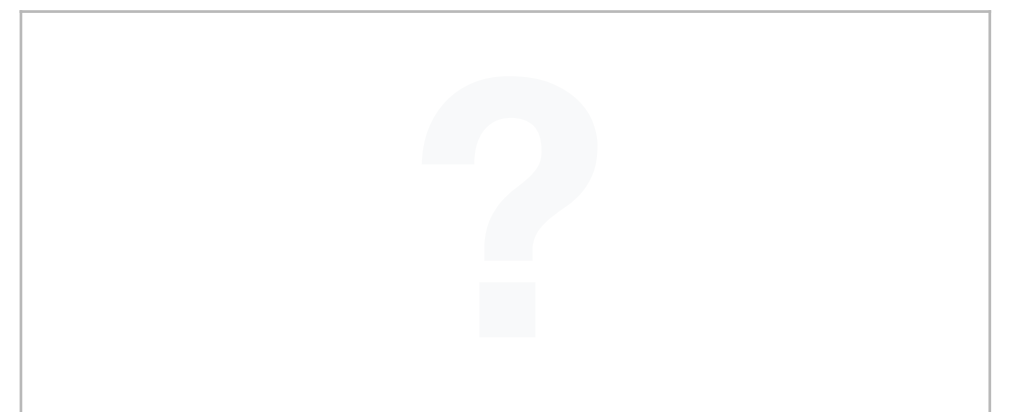
What went well?	What did we learn?

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

