



THEME 63:

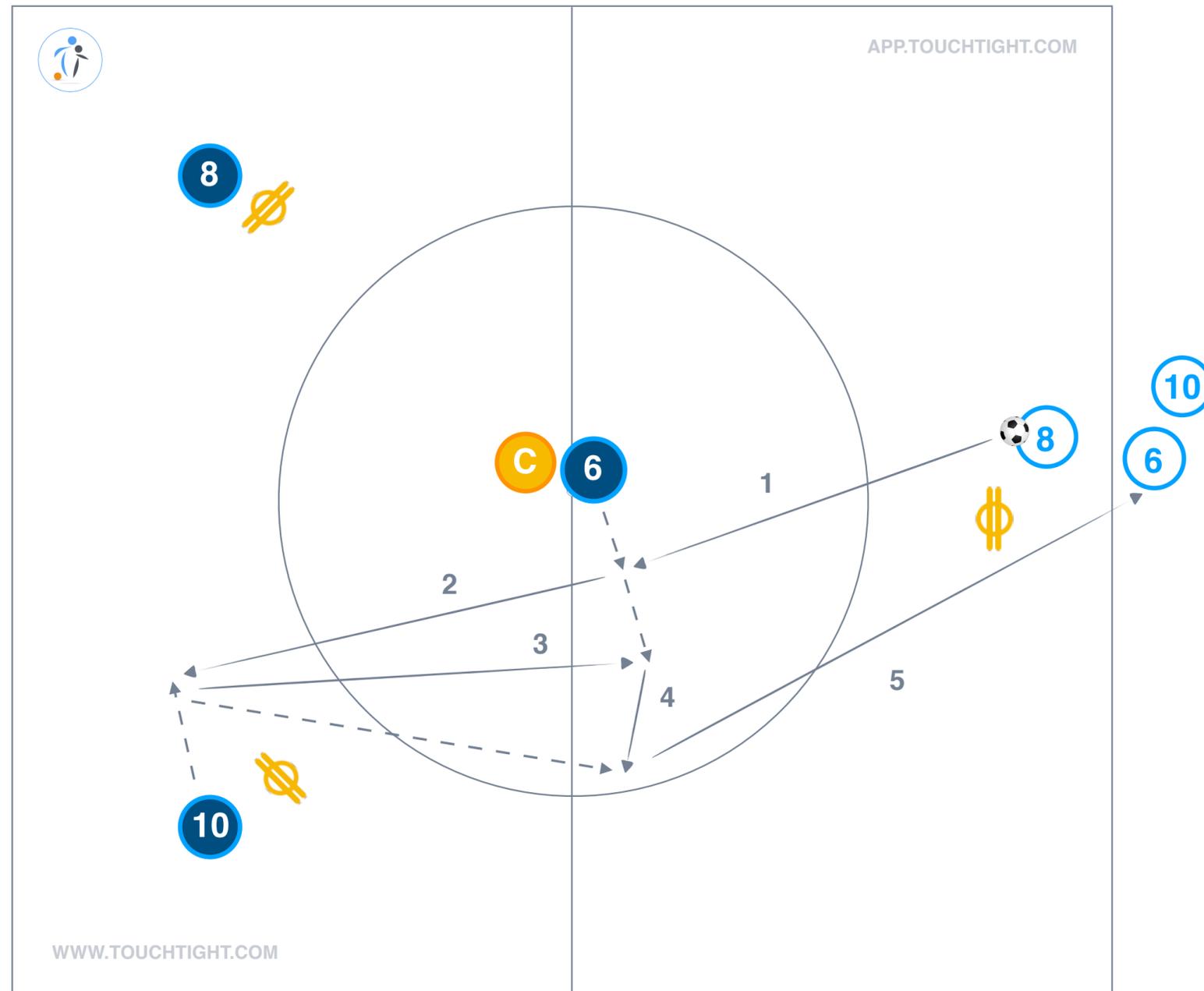
CDM MOVEMENT AS A DEEP PIVOT

SESSION 1: TECHNICAL & OPPOSED

AGE GROUP: 12 TO ADULT

Title	Date	Start Time	Duration	No. of Players	Area Size

HOW TO COMBINE UNDER PRESSURE



ORGANISATION:

This position specific theme is centred on our central midfielder's movement to lose players and build play. This isolated practice encourages quick combinations in tight spaces and forces our midfielder to play quickly.

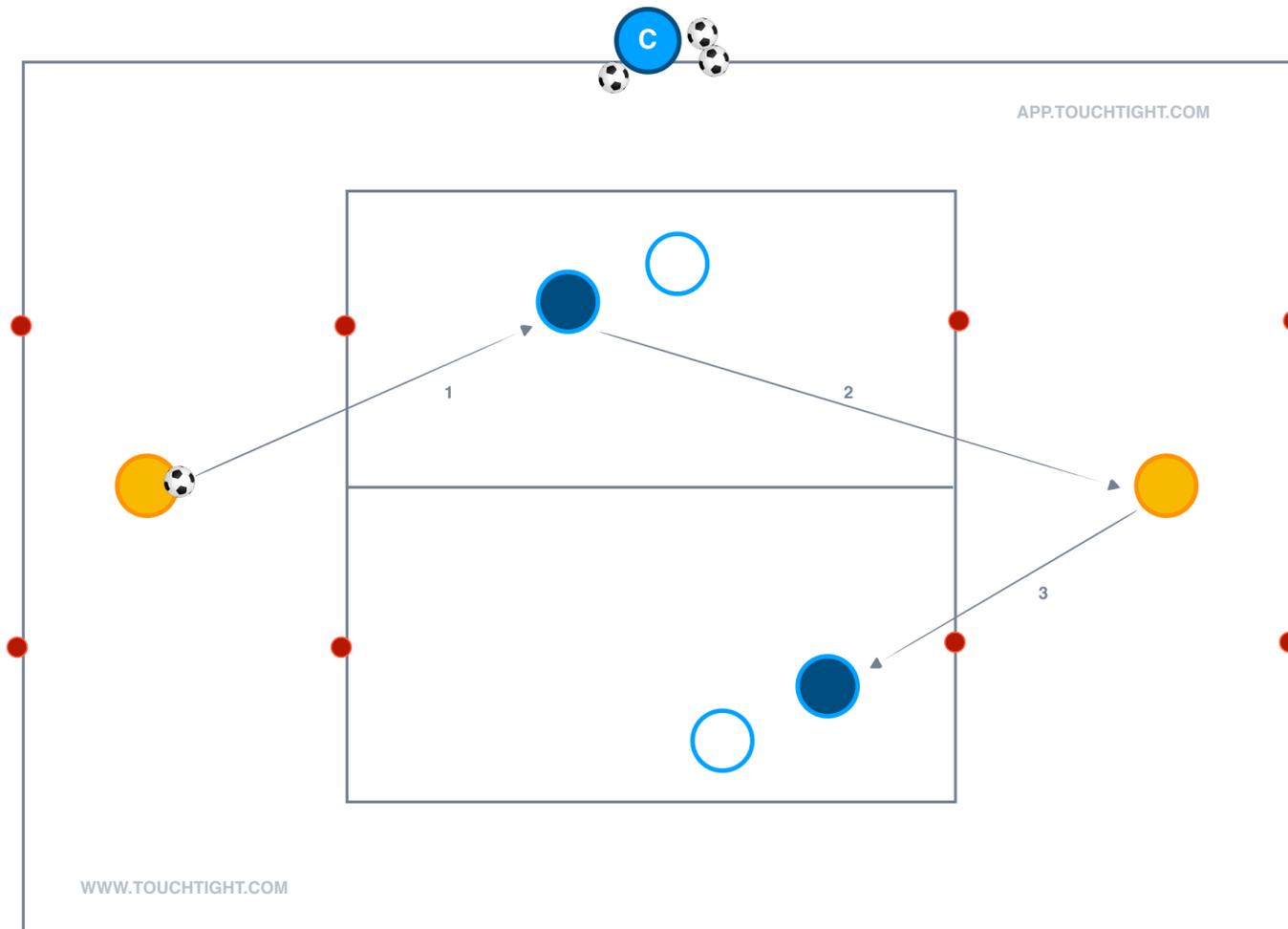
We begin with a simple central pass allowing a pass on the turn before receiving a one-two around the defender for a teammate.

KEY COACHING POINTS:

- Playing on the half turn
- First touch to set
- Movement to spin and lose marker
- Quality of pass (weight and accuracy)



HOW TO COMBINE UNDER PRESSURE



ORGANISATION:

This possession practice works on our midfielder's 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:

Playing on the half turn

Movement to spin and lose marker

Quality of pass (weight and accuracy)

Draw pressure with an awareness of space



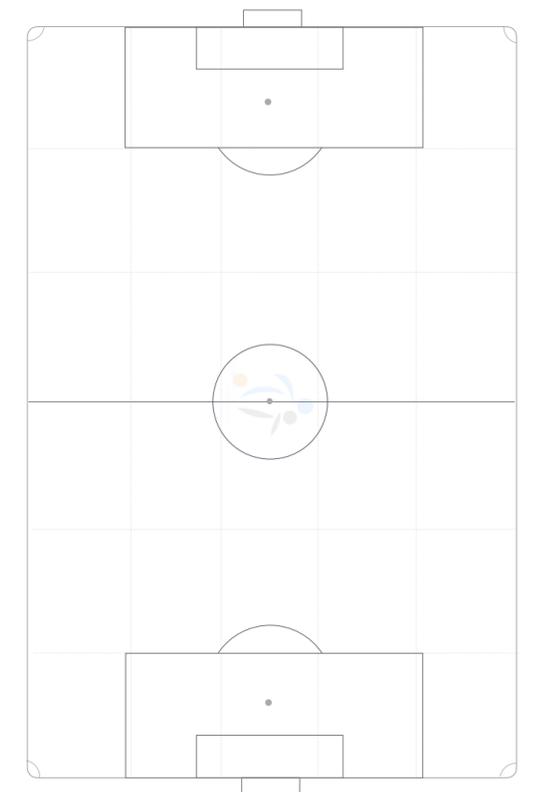
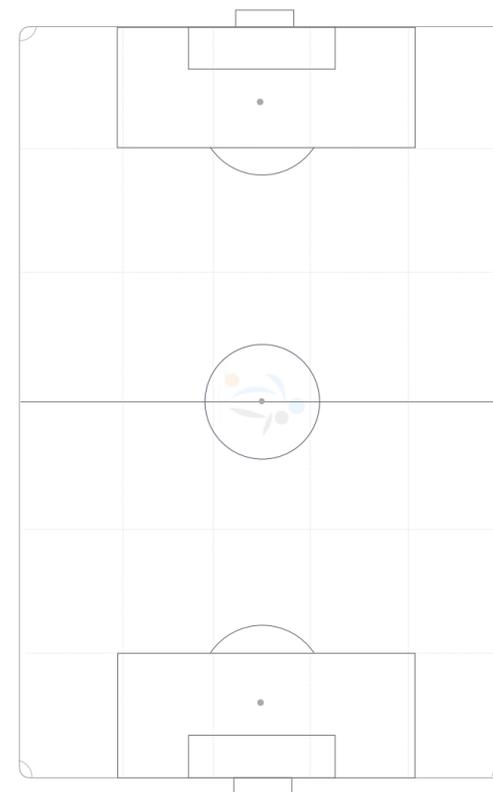
PROGRESSIONS:

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

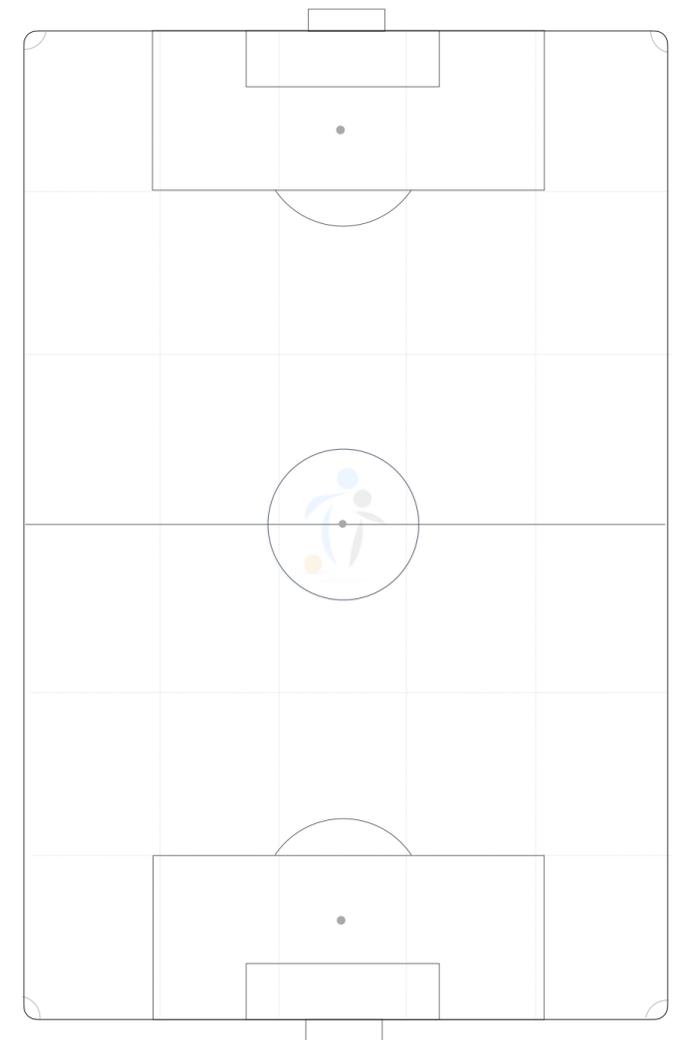
Player Trios initials	Objectives

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?

