

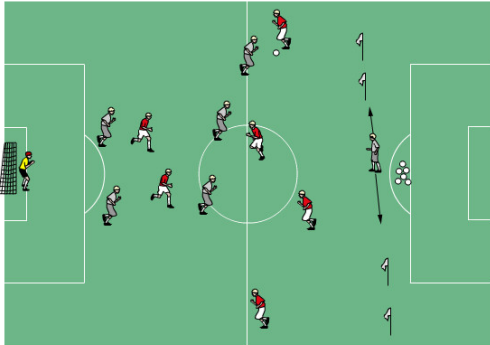


Training 3 Central Midfielders Defensively

Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1</p> <p>Warm-Up</p> <p>6v3/5v3</p>	<p>6/5 v 3 possession game.</p> <ul style="list-style-type: none"> Whatever player on the outside loses possession the players to the right and left of him have to also go in and defend. When the 3 defenders win the ball, they are encouraged to quickly pass out and get organized before the new 3 defenders come in. If the attacking 6/5 players split the 3 defenders then they stay in for another round. 		<p>Defensively:</p> <ul style="list-style-type: none"> Don't get split Communicate Transition quickly when you win the ball. <p>Attacking:</p> <ul style="list-style-type: none"> Play quick Establish a rhythm to see if you can split the three defenders. Transition quickly into the middle when have to defend.
<p>2nd Activity</p> <p>4v3 to counter goals</p>	<p>Four players play against 3 defenders (CM's that are being trained). The 3 defenders defend 4 small goals. One in the middle of the field, 3 goals are spread out either across the penalty box or higher.</p> <p>When the 3 defenders win the ball they try to score at one of two counter goals at midfield.</p>		<p>Defending:</p> <ul style="list-style-type: none"> Staying connected Line of confrontation When to step-when to drop Don't let them go down the middle (reason for goal in midfield) Transition from attack/defend.
<p>3rd Activity</p> <p>6v5 to counter goals</p>	<p>Same as above, but progress to 6v5 to counter goals.</p> <p>Put a target in between the 2 counter goals for the 3 midfielders and 2 backs to play to if needed.</p>		<p>Defending:</p> <ul style="list-style-type: none"> Stress staying connected as a unit both horizontally and vertically

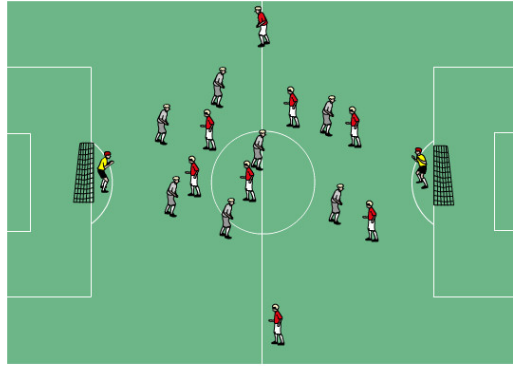
4th Activity

Play 9v9 to goals

(10 including the GK)

Play 9v9 to two goals

Play in a 2-3-2 formation for the team/group you are coaching.



Because the goals are at the top of the box, the team/group you are coaching will have to organize quickly and smart.