

DEFENSIVE ORGANIZATION MIDFIELD 3

Why use it?

This activity emphasizes the defensive responsibility of the midfield players and specifically recovery runs and organization of a midfield 3.

Set up

Played on a 9v9 field, a zone is marked from the halfway line 8 yards inside one half. At the other end place a full size goal. The coach observes from the sideline and is supported by 2 assistants monitoring offside.

How to play

The focus of this session is the defensive organization of the team defending the full size goal. Play starts from the goalkeeper, and the team defending the goal has to work the ball up into the zone adjacent to the halfway line. Once the team has the ball in the zone, the players have to make 3 consecutive passes for a point. The opponent must attempt to win possession and counter attack. As soon as the team turnover possession, the midfield 3 must make recovery runs to solidify the defense in front of the defenders.

Coaching notes

Coaching Objectives: Work with the midfield players on the recovery runs, shape of the defense, roles of pressure and cover and communication between the players.

Coaching Tips: Instead of stopping play or requiring the defenders to kick the ball out, provide both teams with an objective when the ball is won to add realism to the practice.

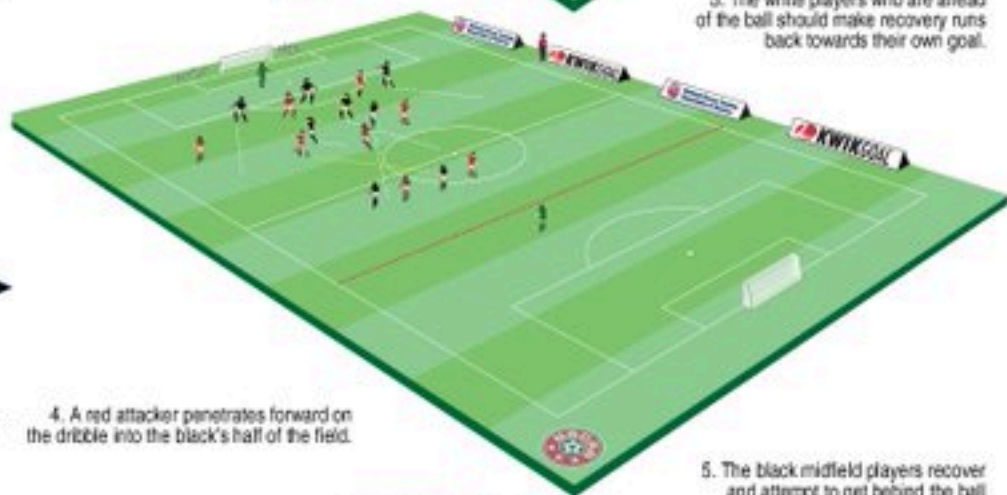
How to modify

Less Challenging: Reduce the number of attackers and then add them back gradually.

More Challenging: Delay the recover runs of one or more of the midfield players.

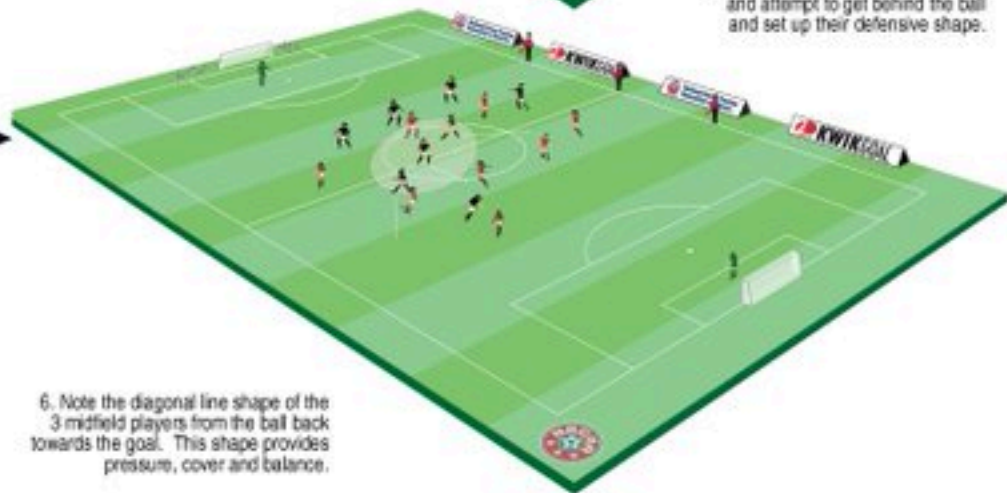


1. The black team defend the main goal and must attempt to combine 3 passes in the 'zone' to earn a point.



2. When the black team loses possession in the end zone and the red team should attack the blacks at pace.

3. The white players who are ahead of the ball should make recovery runs back towards their own goal.



4. A red attacker penetrates forward on the dribble into the black's half of the field.

5. The black midfield players recover and attempt to get behind the ball and set up their defensive shape.

6. Note the diagonal line shape of the 3 midfield players from the ball back towards the goal. This shape provides pressure, cover and balance.

Stage/s of development covered by activity

Stages 4 & 5 - 12-18 year old players.

Development themes and competencies

Top 3 Themes: Defensive organization, pressure, cover and balance roles, and counter attack.

Top 3 Competencies: Defending in pairs and small groups, positional play and communication.