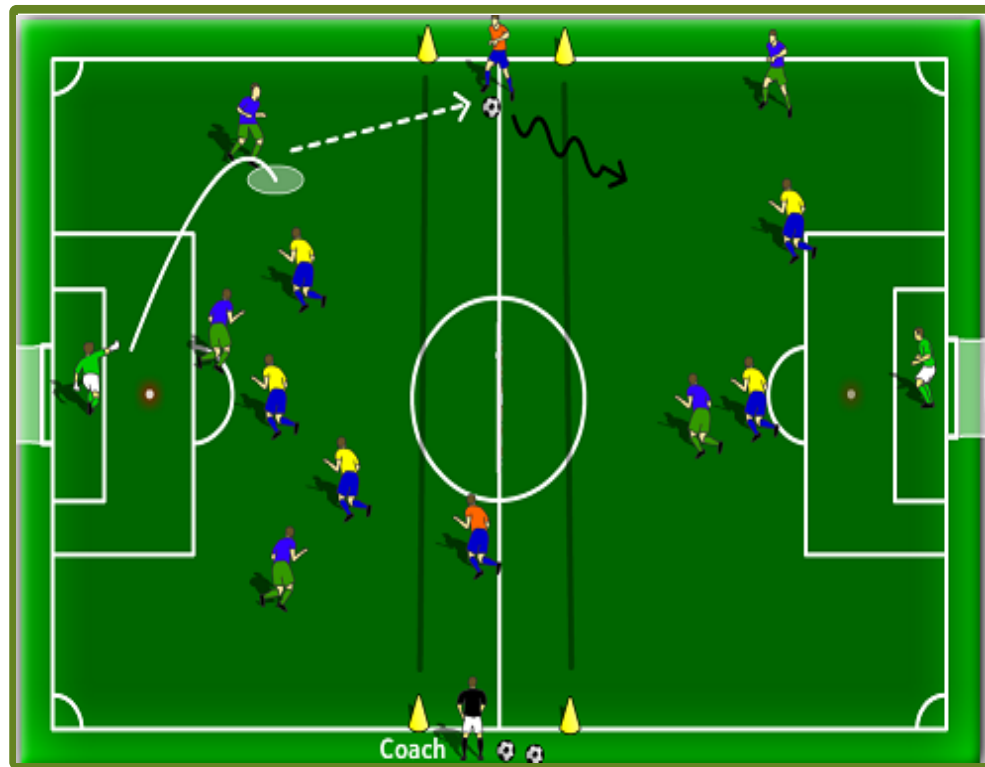


Passing through midfield - Advanced

Area – 30 x 53 playing area with three zones. 14 players are shown. Split the teams into 6 players with two neutral players. Set up a 3v3 in the 25 yard area and a 2v2 in the 20 yard area (a 3v3 can be used in both areas if you have more players) The 8 yard central zone is for the neutral players. All the players except the neutral players stay in their zones.



Play starts with a pass from the goalkeeper to a defending player who passes to the central player.

2. The neutral player now starts an attack for the blues. A 3v2 is played in the 20 x 30 zone.

3. If the yellow team win the ball they can pass to the other neutral player to start the attack on the opposite goal where a 4v3 will be played.

4. If a goal is scored the goalkeeper starts the attack by throwing the ball to a defending player.

Variation:

You can add a defender in the middle zone

Coaching points:

See the different ways in which the extra player can affect the game.

Play quickly. Look for the triangles

Get the players to play out of their '10 x 10 box'. More awareness on the field.

While defending the defenders must keep glancing at the two floating midfielders to see where they are on the field. When they win the ball back they can find them with a quality pass.

