



Key:

Running without the ball 

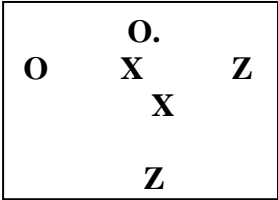
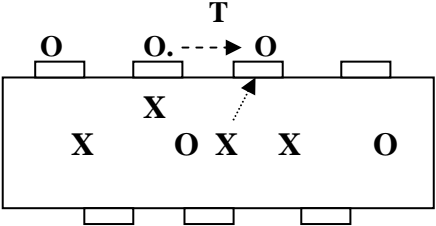
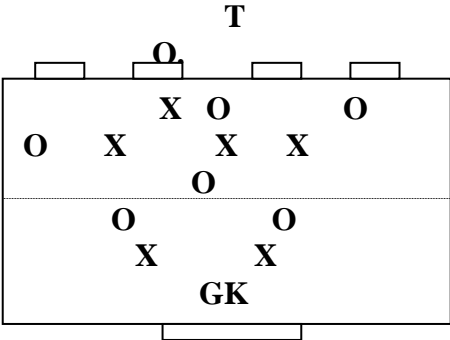
Running with the ball 

Pass 

Topic: Midfield Defense

By Andy Coutts

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<p align="center"><u>ACTIVITY</u></p>	<p align="center"><u>ORGANIZATION</u></p>	<p align="center"><u>KEY COACHING POINTS</u></p>
	<p>4v2 possession in teams of 2</p> <ul style="list-style-type: none"> • Team that loses ball defends • Scoring option: Teams start with 3 points and lose a point if get split on defense 	<ul style="list-style-type: none"> • Instant transition • Pressure/cover • Communication
	<p>5v4 with MF zone 15x44</p> <ul style="list-style-type: none"> • 4 dribble gates at front of zone • 3 pass/dribble goals at back of zone • Attack (O) scores in any gate/goal • Defending mf's (X) play to target to score <p><i>Options:</i></p> <ul style="list-style-type: none"> • Adjust for 3, 4, or 5-player midfield. • No O's in zone at first to simplify movements; then allow O's into zone 	<ul style="list-style-type: none"> • Step to pressure and others slide/cover • Switch pressure/cover roles • Communication • Find and clog passing lanes to back goals • Find target quickly upon winning ball
	<p>7v7 to big goal and counter target, 60x44</p> <ul style="list-style-type: none"> • As above, with back goals replaced with strikers and defenders to big goal • All live to goal once ball is played fwd <p><i>Options:</i></p> <ul style="list-style-type: none"> • X's score by dribbling/passing thru gates or must receive ball back from T to score (more elements of transition) • Allow strikers to check into mf zone 	<p>Same as above, plus:</p> <ul style="list-style-type: none"> • MF recover on pass to strikers • Backs try to win entry pass or prevent turn • Backs communicate with MF's to screen
<p align="center">8v8 to big goals</p>	<p>2-4-1 v 1-4-2 (+GK's)</p> <ul style="list-style-type: none"> • No extra player in the back induces mf's to screen and recover quickly on ball to striker 	<ul style="list-style-type: none"> • MF shape • Communication within and between lines • Transition to attack upon winning ball