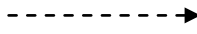



TOPIC: Functional Training for Midfielders

Coach Name: John Curtis, Director of Coaching

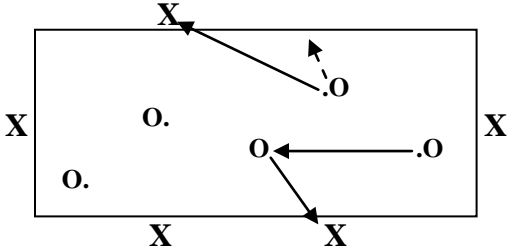
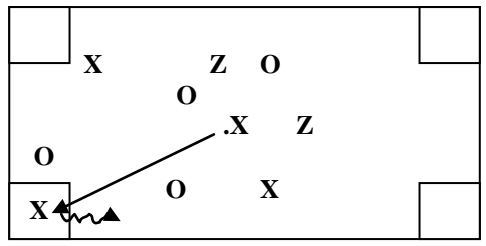
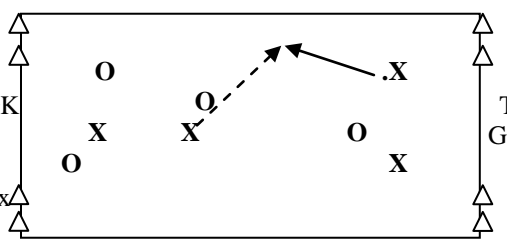
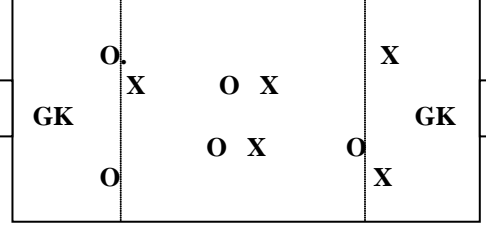
MYSA Winter Symposium 2012

Key:

Running without the ball 

Running with the ball 

Pass 

<u>TECHNICAL WARM UP</u>	<u>ORGANIZATION</u>	<u>COACHING POINTS/GUIDED DISCOVERY</u>
	<ul style="list-style-type: none"> • 2 groups of 6 • Play out, move, play in • Switch in and out • Individual, pairs, three's • Combinations (small to big) 	<ul style="list-style-type: none"> • Soft to space, hard to feet • Communication – visual/verbal • Angle and distance, open up • Opposite movement to teammates • What do you need before you pass? • Where do you move after you pass?
<p><u>SMALL-SIDED ACTIVITY</u></p> 	<p>50x25</p> <ul style="list-style-type: none"> • 4v4 (+2) • Get into a box for a point • Pass in/dribble out, dribble in/pass out 	<ul style="list-style-type: none"> • Move ball quickly – long and short • Player awareness • Movement off the ball to receive • Where will I play when I receive the ball? • Can you see the field? • Where are my teammates?
<p><u>EXPANDED SMALL-SIDED ACTIVITY</u></p> 	<p>50x25</p> <ul style="list-style-type: none"> • 6v6 to four goals with targets • Play through a goal to a target for a point • GK's are used to support the play • Targets can come onto the field • 1-2-1-1 with a high target 	<ul style="list-style-type: none"> • Support close to ball, must offer good angles • Support away from ball, must identify available space • Awareness of teammates • How can we change the point of attack?
<p><u>GAME to BIG GOALS</u></p> 	<p>50x25</p> <ul style="list-style-type: none"> • 6v6 including GK's • Include offside line to encourage length • 1-2-2-1 	<ul style="list-style-type: none"> • Look to change point of attack quickly and expansively • Identify when time and space is created to go to goal • How can you draw opponents to an area? • Can you create time and space?

Cool down: Captain led $\frac{3}{4}$ to $\frac{1}{2}$ to $\frac{1}{4}$ speed jog and movement, Stretching