Training Objectives: Working on the midfield unit in an 8v8 game to control the tempo of the game as they attempt to play into the attacking third. The #8, #10, #7 & #11 need to recognize when, where and why to penetrate versus when to possess.

Warm-Up

Small Sided Activity

Organization
* 20x24 yard grid
* Teams of 5 players. 3 players per team in the middle and 2 on the outside of opposite corners
* The teams try to play from one corner to the opposite corner, and keep going back and forth
* The players in the corner must keep moving up and down of the sidelines to support the players in the middle

Coaching Points
* Scan the field, look around to make decision before receiving the ball
* If no pass is available the player needs to maintain possession by dribbling
* Open up the hips to receive the pass across the body
* If a defender is close, place body between the player and ball, taking the ball with the outside of the foot
**Organization**
- *60 x 40 yard area*
- *6 Defenders (inc GK), 5 Attackers & 2 Target Players*
- *Place an offside line approximately 25 yards out from the big goal. Players are allowed anywhere on the field*
- *Target players stand in between the counter goals*
- *The attacking team’s aim is to get in behind the offside line and attempt to score in less than 3 passes, if successful the goal counts as three, if more than three passes are needed the goal counts as one*
- *Defensive team scores by passing the ball to a target player in a counter goal. The Target player then switches the ball to the other side and is played back into the attacking team*

**Coaching Points**
- *Don’t force the play- Read the options the defenders give*
- *Recognize when to possess and when to penetrate as a team and individually*

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**Organization**
- *75 x 50 yard field*
- *The team you coach plays in a 1-2-3-1-1*
- *The other team plays in a 1-3-3-1*
- *Normal soccer rules including offside*

**Coaching Points**
- *Keep helping players when to penetrate and when to slow the game down.*
- *Encourage the team to maintain possession and then attack quickly when the opportunity should arise.*

**Cool Down**
- *Light Jog & Stretch*