

TOOLS, TIPS AND TECHNIQUES

Midfield in motion

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Why bursting forward is great for creating chances

Here's a great game that will help your team use midfield overloads to set up quick attacks. Teams compete to see who can score the most goals in the quickest time, while defenders must look to break up play and stop the midfield exploding into attacking situations.

How to play it

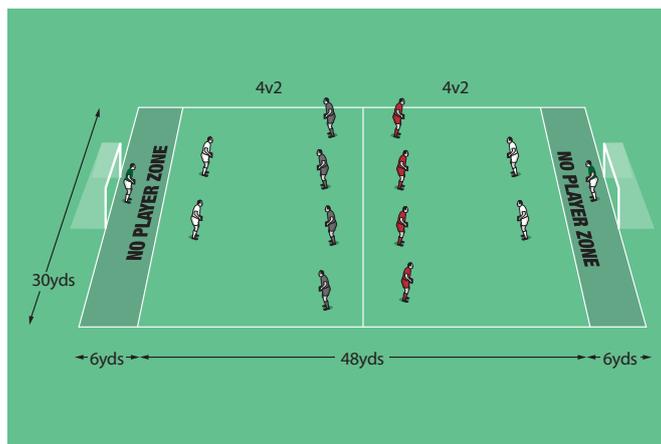
- Use three teams of four players plus two keepers in a 60x30-yard area, split into two halves. There is a goal at the end of each square with a six-yard 'no-go' zone (for outfield players) in front of it.
- The three teams are competing against each other, though A and B start as attacking teams, with C the defenders in two 4v2 scenarios.
- Defenders can end an attack by successfully tackling an opponent or by intercepting the ball.
- The attacking team that scores first wins the point.
- Play for five balls then rotate the teams so that each attacks twice and defends once.

Developing the session

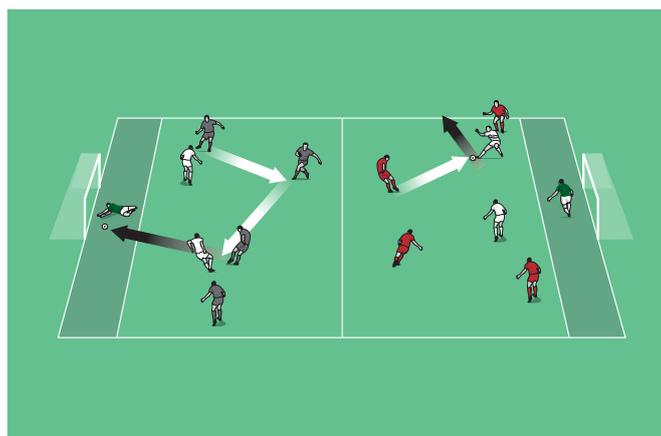
- To develop the session, change the overloads so that one team is playing three attackers against two defenders, while the other goes 4v3. These set-ups provide an added test for attacking teams.
- Also try denoting starting positions by placing balls around the outside of the areas. Attacks now come from different areas of the pitch. Either allow each team to use up their four balls or, for a speed game, end the practice for both teams when only one team has used up all four balls.
- You might also want to take two players out and put them on the touchlines as supporting players. This ensures that the game uses the full width of the pitch.

Technique and tactics

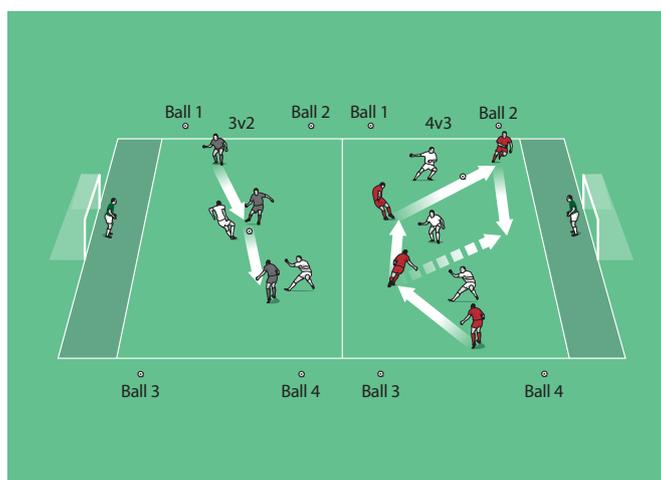
- This practice is great at replicating the attacking movement of a team through midfield.
- The game also gets attacking teams making use of overloads under pressure... not just from defenders, but against the clock as well.
- Teams that can keep possession of the ball and make best use of the space will be the most successful.



Set up with two separate 4v2s on opposite sides of the pitch



On the left, greys use their 4v2 overload well and score, but reds' attacking move ends when a white defender intercepts the ball



Switching player numbers – to a 3v2, or a 4v3 – presents a new challenge, as does designating ball start positions around the pitch, as shown

