US Youth Soccer Workshop

TACTICAL - TECHNICAL FUNCTIONAL TRAINING FOR CENTRAL MIDFIELDERS

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Main characteristics of players

- Tactical Qualities: Read game-Game awareness-Reaction-Mental speed-Action-Decision making, etc.
- Technical Qualities: Passing-receiving-dribbling-Heading-Shooting, etc.
- Personality/Psychological aspect: Strong personality-leadership-Group support/etc.
- Physical Qualities/abilities: Fitness level-Strength-Speed-Cardio-vascular system- able to last entire game same pace
Work with the following structure

Warm-up

• Fifteen to twenty minutes depending on age, skill level, number of players, etc.
• Intensity should be increased gradually
• Warm-up exercises should be related to topic
• Fun and rewarding
• Establish your coaching style, demands and knowledge at the warm-up period
• Unrestricted area of small groups
Introduce theme

• Brief explanation (commanding voice)

• Brief demonstration (clear picture)

• Action (immediately)
Progression of practice

• Practice should be progressive from simple to complex and from general to specific
• Increase size of field
• Increase number of players
• Introduce conditions and restrictions
• Get rid of conditions and restrictions
• Make it look like a game
• End up with a game
Correcting Method

- Corrections should be done at the proper time
- Provide correct information to players
- Clear and concise
- Show the correct picture of the error
- Repeat two-three times
- Go live again
- Avoid making too many corrections/stick to topic
- Players like the flow of the game
Recommended activities

• 4 vs. 4 + 1 neutral player (distribution and possession-limited number of touches) Small-Sided
• 5 vs. 5 + 1 neutral player
• 7 vs. 7 + 2 directional with keepers and neutral players (goals)
• 8 vs. 8 Game condition
• 11 vs. 11 Game condition
Coaching Points

• Leadership
• Angles and distance of support
• Timing of support
• Demonstration of good technique through tactical demands
• Change point of play quickly and with accuracy
• Individual penetration through a dribble or combo
Coaching Points

• Connecting with defenders and forwards
• Decision making under pressure
• Raise confidence level and personality of playmaker
• Instruct other players to find the playmaker
• Penetration-individual-with combination
• Constant mobility to serve as an outlet
Coaching Points

• All passes should go to the playmaker
• Great vision - Peripheral view
• Know when to slow the game down
• Possession
• Penetration – individual - with combination
4 v 4+ 1 (neutral player = Central Midfielder)

- Possession one-two touches for all players
- 15 minutes-Rotate other midfielders
- Field 25x35 yards
- All passes should go to playmaker-make emphasis on quality receiving and passing
- Great vision-Peripheral view-Change point of attack
- Know when to slow game down
- Possession (individual and small groups)
- Penetration-individual-with combination
5 vs. 5 + 1 (neutral player)

Possession-Penetration individual or with combo

- 20 minutes- Rotate other midfielders
- One touch when play-maker is on the defensive half

Introduce conditions and restrictions: Method of scoring-Wall Pass-Overlaps

- Free play when he is on the attacking half- Small sided
- Field 30x40 yards
7 vs. 7 + 2 (neutral players)

- One-two touch for all players-Variation: No negative passes, etc.
- One-two touch when play-maker is on the defensive half
- Free play when he is on the attacking half—Encourage midfielder long range shooting
- Instruct playmaker to penetrate individually or with a combination play

Field 40x60 yards
- Playmakers should score
- Alternate roles of central midfielders
11 vs. 11 Regular size field

Emphasis on central mid-fielders

How central mid-fielders start the build up

How do they receive

Development of flow of the game

Translation of practice to game
Variant 1-4-4-2 Diamond Shape

- Players forming four diamonds defensively, including keeper
- All positions, spaces and angles are covered
- On the attack, angles are formed automatically for support and combo plays
- Team shape is secured, if dispossessed
California Youth Soccer Association North and US Youth Soccer

Appreciate your efforts and dedication to the game and to the children.
Impossible is Nothing