

US Youth Soccer Workshop

TACTICAL -TECHNICAL FUNCTIONAL TRAINING
FOR CENTRAL MIDFIELDERS

Philadelphia, January , 2015



USYOUTHSOCCER.ORG

1-4-4-2 Flat back four and diamond shape

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

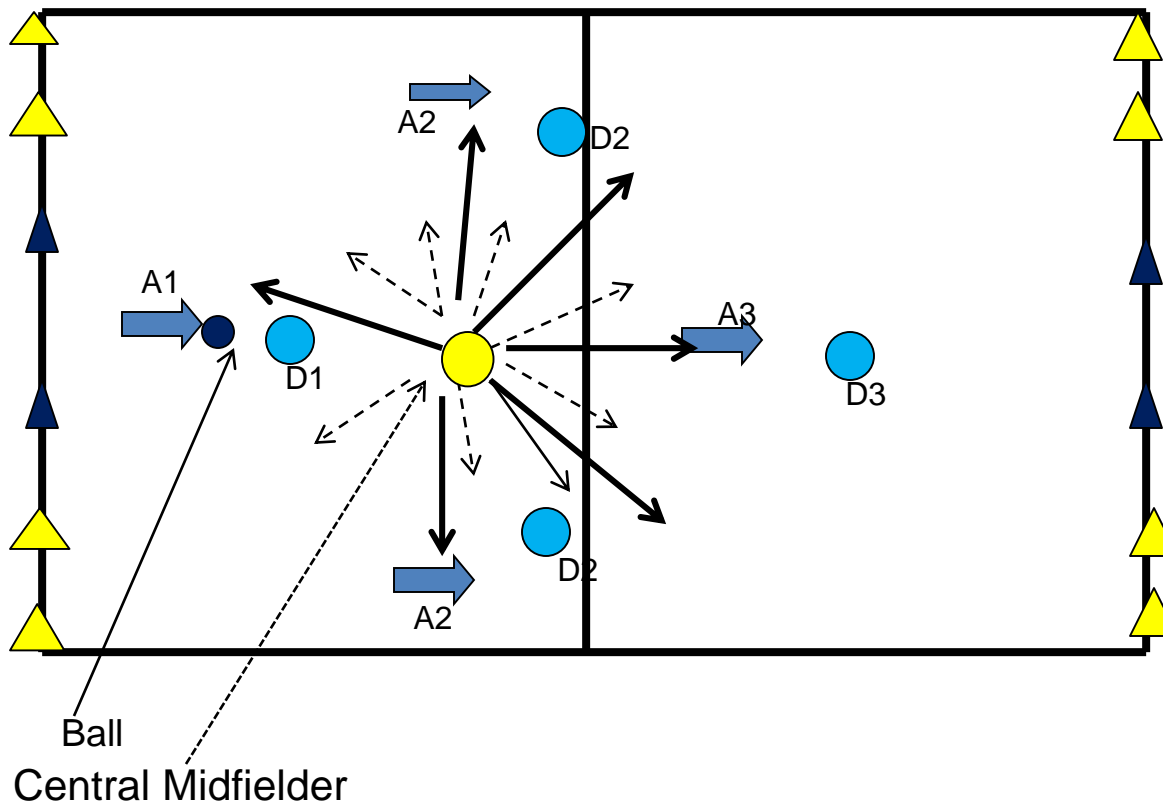
- All passes should go to the playmaker
- Great vision - Peripheral view
- Know when to slow the game down
- Possession
- Penetration – individual - with combination



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



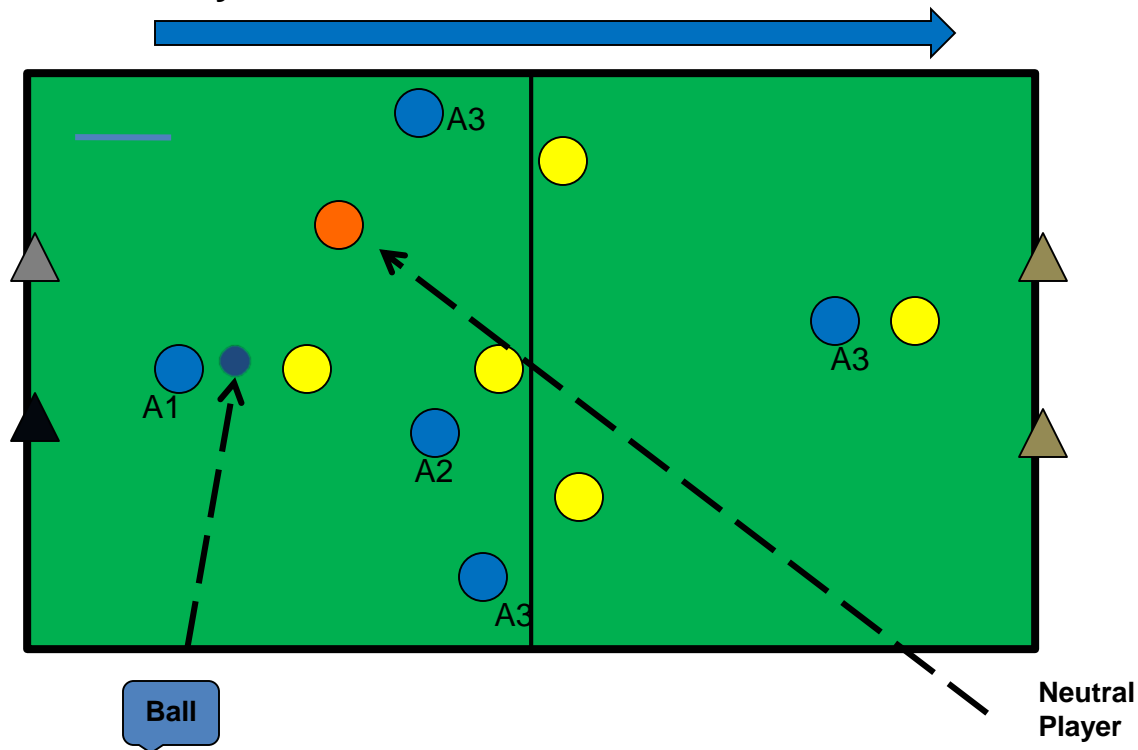
5 vs. 5 + 1 (neutral player)

Possession-Penetration individual or with combo

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

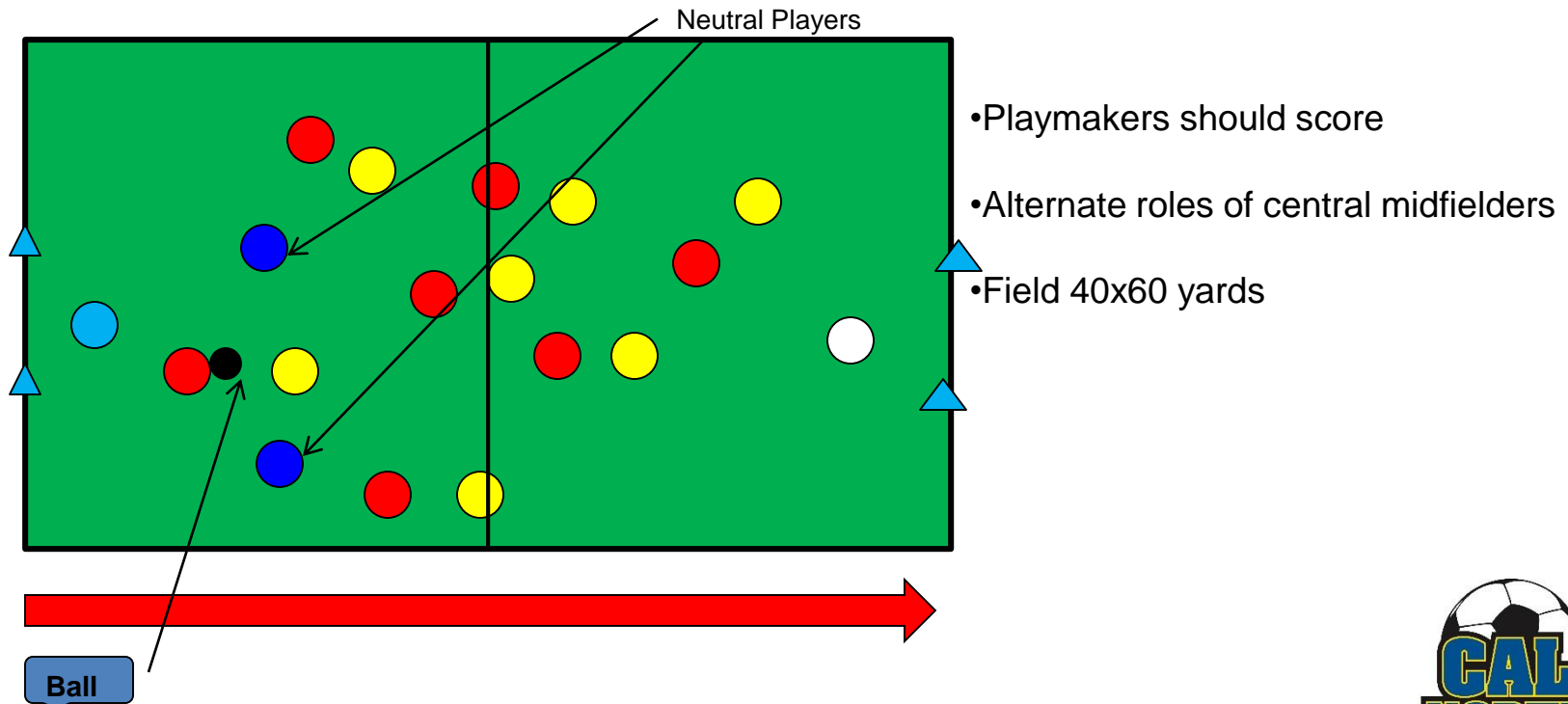
Introduce conditions and restrictions: Method of scoring-Wall Pass-Overlaps

- 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



11 vs. 11 Regular size field

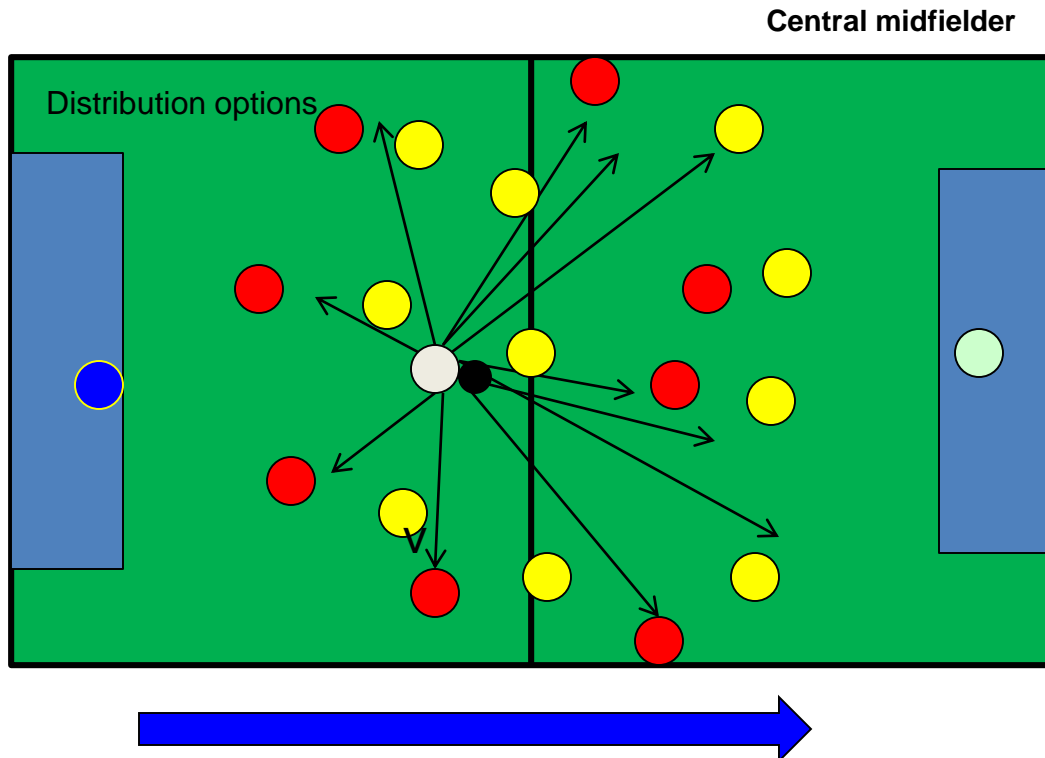
Emphasis on central mid-fielders

How central mid-fielders start the build up

How do they receive

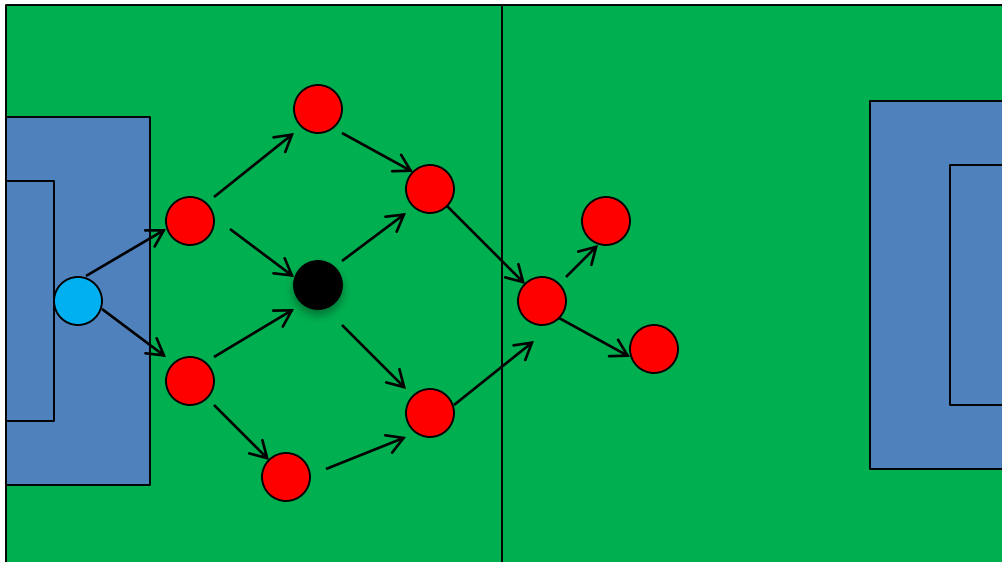
Development of flow of the game

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.



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Impossible is Nothing

