

Intelligent defending: Playing a Mid-block

Category: Out of possession practice Length of time: 90 mins Number of players: 14

Practice/Theme/Topic

Playing a Mid-Block and dictating play inside

Aims and Objectives:

- Understand how to set and dictate play inside in the midfield third

General notes:

- Practice starts as a possession based practice, with the attacking team looking to play into the 9 whilst the defending team are looking to stop them playing forwards and looking to win it and keep it.

Organisation and set up:

- Area size suitable to number of players.

| Attacking Team | Defensive Team |
|----------------|----------------|
| Elen | Abbie |
| Banksy | Annabel |
| Keri | Rosie |
| Lily | Flo |
| Olivia | Emily |
| Lexi | Alice |
| Anna | Maddie |

Technical

First touch
Skill / disguise
Ball manipulation
Passing & Receiving

Psychological

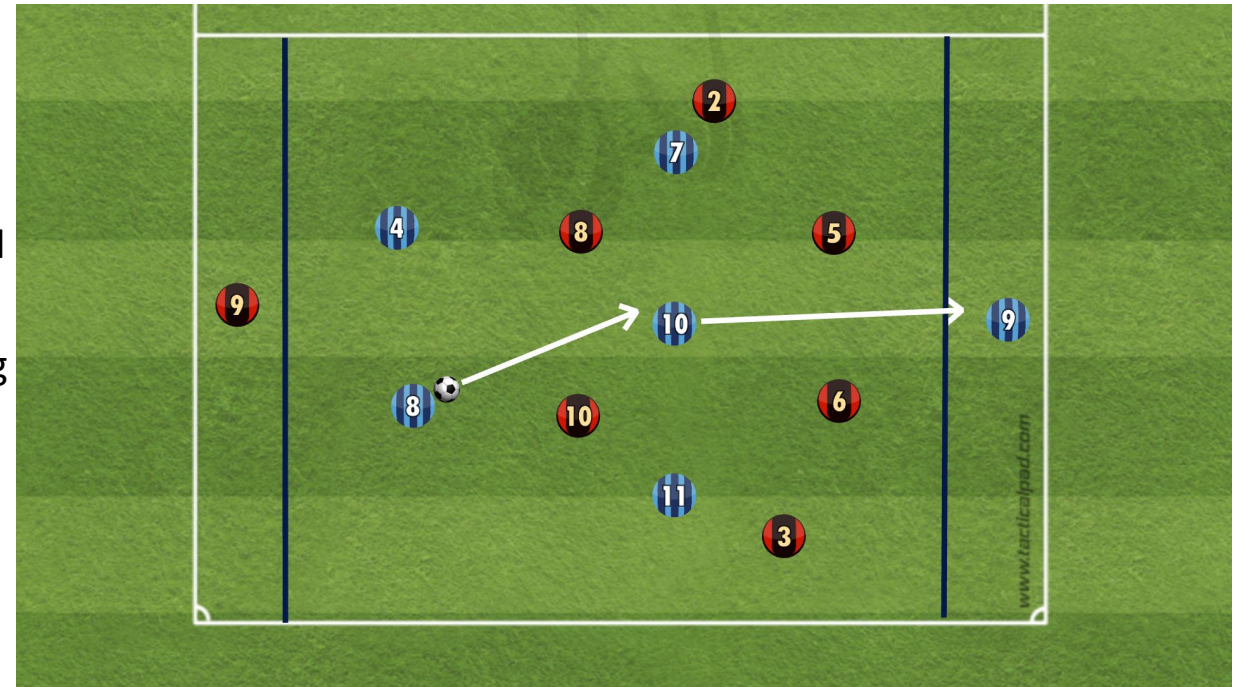
Awareness of self /
opponent / teammate
Creativity
'Game craft'

Physical

Speed / change of pace
Use of body to disguise

Social

Communication
Body Language
Awareness



Coaching point 1 – First Player positioning

Awareness of threat behind
Look to force defender inside (body shape)

Coaching point 2 – Cover and Balance

Positioning on 10 and 7 & 11 to support to and
nick ball (win it to keep it). Smoother ball.

Coaching point 3 – Distances of secondary unit

Are the distances close to regain and stop play
forwards (either in behind or to 9).

Coaching point 4 – OP – On regain can we break and play forwards?

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Attacking Team

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Banksy
Keri
Lily
Olivia
Lexi
Anna

Defensive Team

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Annabel
Rosie
Flo
Emily
Alice
Maddie

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