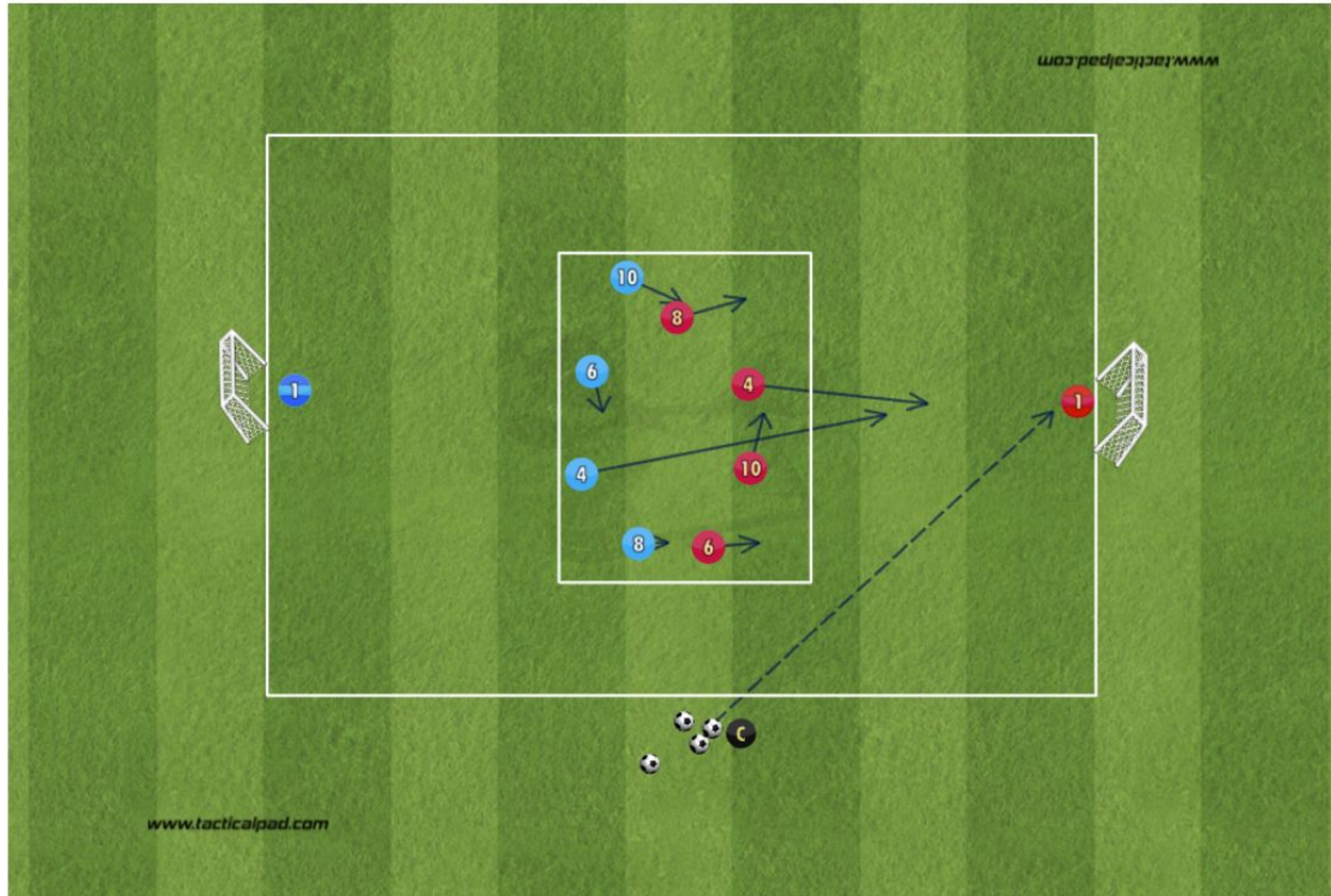


MIDPLAY ZONE



The focus is on number 4, the box to box midfielder in this drill. The play starts when the coach passes the ball to one goal keeper of one team. The number 4 of both teams now head to the side of the ball. The goal keeper passes to his mate while the other number 4 is pressing the ball receiver. The player's role when he receives the ball is to turn successfully and pass the ball into the zone of play. (However, if the opponent successfully intercepts the ball, he might be in a 1v1 situation with the goal keeper). When the ball is in the box, the players undergo high pressure while keep possession of the ball. Their aim is to move forward and receive a pass by number 4. The opponent's box to box player is responsible to press while the ball in the play zone, and move back and defend. After finish of the attack, both teams TRANSITION!