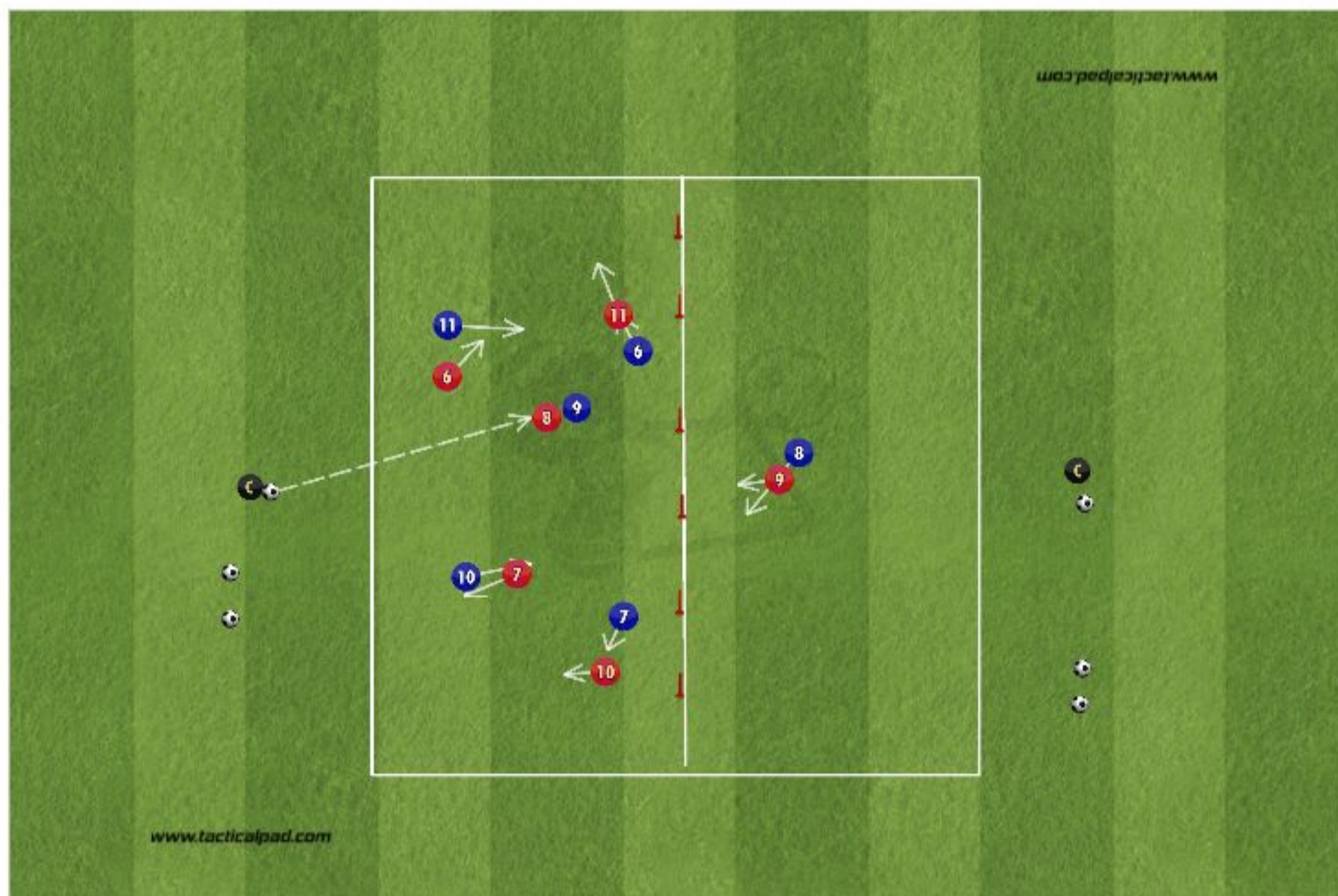


FORWARD



The midfield players are the ones who carry most of the work. In the next drills, these players will have to build up, move the game forward, possess, finish, then transition. On the other side, the opponent midfielders will have press high, mark, cover, defend, then transition.

In this drill, 3 gates in the middle with a number 9 in the next zone. The number 9 should be following the ball moving to the gate closest to the play. The team in possession should keep the ball for set number of passes or seconds before transferring the play to the next zone. In the next zone, play gets faster and the aim is to make a pass to the outside coach. The next team start once the pass is made by the coach.