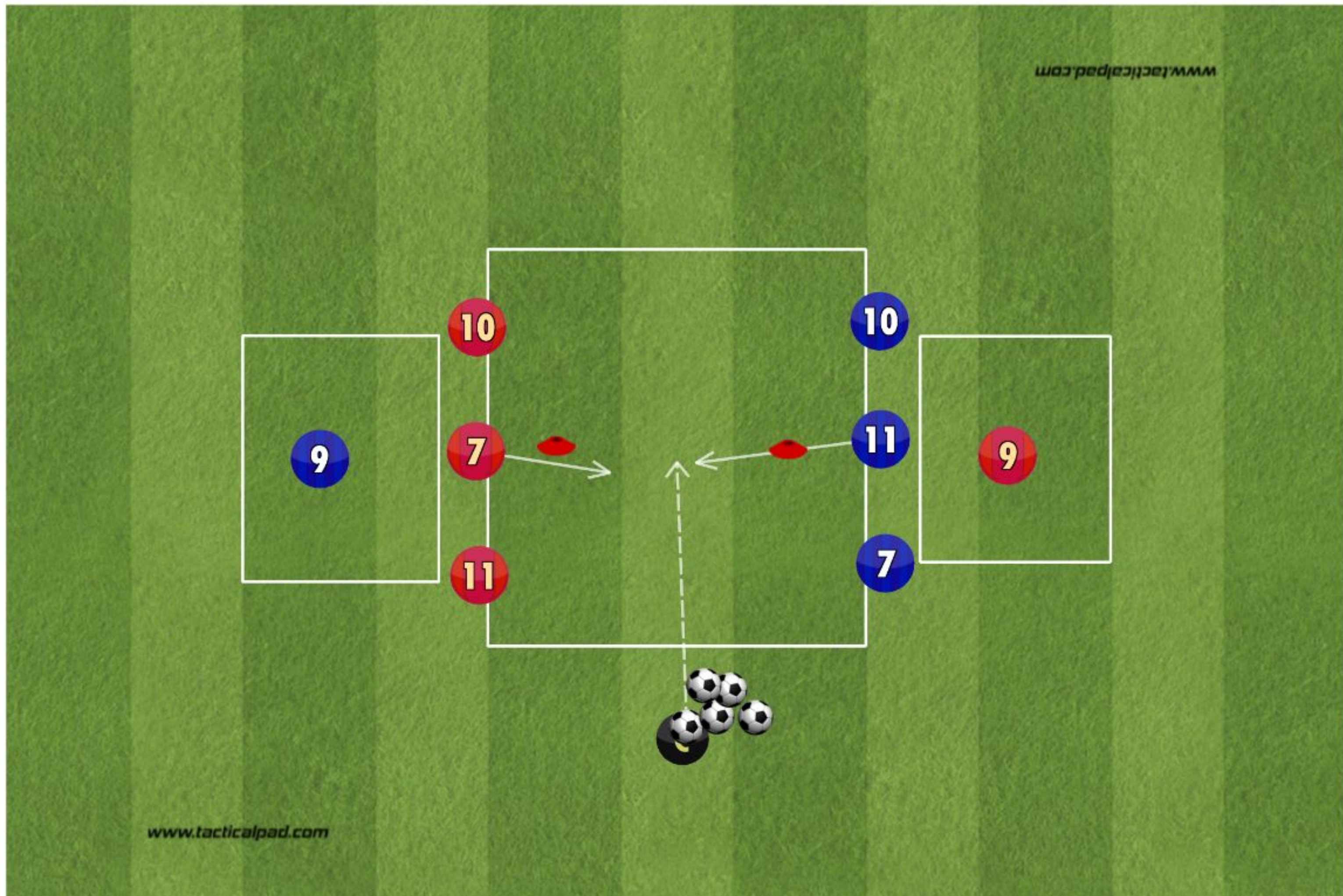


INTRODUCTION



In the following drills, midfielders are educated to move the play forward while possessing the ball.

In this introductory drill, the team with the ball have the role of possessing the ball, transfer the play to the player in the box, then move back to the far cone and do again. The team in defense apply medium to low pressure in the beginners' level, high pressure as they progress. However, if the team in defensive role win the ball, they must counter attack to the other side.