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4-3-3 EXERCISES AND SESSIONS BOOKLET

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TEAM DEFENDING PRINCIPLES

If a mistake is made on attack an opportunity is lost. If a mistake is made on defense a game may be lost. Therefore it is critical solid defense will be a key to your success. In order to understand team defending, meaning all players are working together to defend.

A) PRESSURE the ball. The first step is to always apply immediate pressure on the ball. This does not mean diving in but closing down the players space on the ball.

B) COVER off the ball. The defense must move as one, providing support and coverage for one another. The primary thing to remember here is to have a good shape, being BALANCED. The main principle here is to not ball watch, cover dangerous space and keep an eye on your opponent while adjusting.

C) COMPACT in the center of the field. When the team closes down the center of the field and have no gap’s between player’s it is very difficult for opponents to penetrate and attack the dangerous space.

D) DELAY the attack. You don’t always have to immediately win the ball. After attacking the space, to keep opponents from moving forward sometimes it is best to stall their progress and wait for your team to get into defensive shape. When your team has an attack delayed in a one-on-one situation another team member should move in as a second defender to attack the ball.

E) EACH PLAYER MARKED Every defender should know where every attacking player is at all times. The primary thing to make this happen is constant communication.

F) FALL BACK Every player is a defender when the opposition has the ball. If players are tired after an attack first sprint back to goal-side of opposition to rest; they shouldn’t allow attackers to win the ball in front of them. When one defender steps up to play the ball other defenders should not remain square, but immediately drop to support. This is also known as DEPTH in the defense.
ATTACKING PRINCIPLES

To make all components of the attack work your team needs know what to do depending on where in the field they are. Though every situation will require different needs, it is helpful to think of the field in three parts.

DEFENSIVE THIRD (from the goal defending to about 20 yards beyond the penalty box)
When your team has the ball in your defensive end the main focus is DISTRIBUTION. Remembering that defensive mistakes lose games you want to get the ball out of the back quickly. As a team you want to avoid one-on one dribbling out of the back, avoid passes to the center of the field.

CENTRAL THIRD (about 20 yards on both sides of the midline)
In this third you want to focus on PENETRATION. However you need to decide when to Penetrate V’s when to Possess. Deciding when to force the play when it is not on, but when you do have space in front of you, you want to penetrate forward. Good decision making on whether to penetrate or possess will help you be more effective.
Open up the defense and create the space for penetrating runs and passes.

ATTACKING THIRD (from 20 yards beyond the midfield to the goal line we are attacking)
In this area we want to focus on CREATING OPPORTUNITIES TO FINISH.
The fours “S” WILL HELP CREATE OPPORTUNITIES TO FINISH

- SPEED
- SPACE
- SUPPORT
- SURPRISE

SPEED - On the ball the weight of the pass has to be good so it cannot be intercepted. Forward diagonal passes are key, to put the opponent on the back foot. Square passes slow the flow down and can be intercepted easily. When running with the ball this has to be at speed to suck a defender/s in to create the space for a pass to a team mate or create space for a team mates run. Movement off the ball is vital to speed the play up. Diagonal runs, overlapping runs, will help isolate defenders and create numbers up situations.
SPACE – To create space players be constantly on the move. Every time a player moves they create another space for another team mate. When in possession the space should be created with spreading the field with width and depth. This will allow movement to happen and good supporting angles and distances.

SUPPORT – When the ball is played it is important that players support the play. Good angles and distance of support is vital to allow space and time to play the next pass, dribble, cross or finish.

SURPRISE – It is important that players do not become predictable. Robotic players can become very easy to break down. Being creative in the attacking third can always create opportunities to goal. If this means dribbling 1v1, striking from distance, playing a free kick or corner quickly to create a goal scoring opportunity.
4-3-3 POSITION RESPONSIBILITIES

THE GOALKEEPER
DEFENSE
1) Be vocal in organizing the defense. The goalkeeper must see the full field and direct players where to go.
2) Make quick and confident decisions to come off the line for balls; come out strong for balls in the air and in one-on-one situations.
3) Agile feet and sure hands for shot stopping.

ATTACK
1) Accurate distribution – Diagonal distribution
2) Support defenders for balls back.
3) First thought to play short. If not on to play short play long and wide.

DEFENDERS – FULL BACKS
DEFENSE
1) Immediate pressure on the ball when outside forwards are in possession of ball.
2) Strong and confident tackles; no diving in.
3) Be compact to support central defenders and close down dangerous space.
4) Provide depth and balance on opposite side of attack; cover for other’s mistakes.
5) Scan the field to make certain all players are marked; no ball watching!

ATTACK
1) Provide outlet support for goalkeeper and central defenders.
2) Quick and accurate distribution to target forwards.
3) Think like an outside midfielder to provide width and option for switching attack.
4) Push up on offensive restart opportunities.

CENTRAL DEFENDERS
DEFENSE
1) Must be in constant communication with one another; play as one.
2) Delay central attack; strong and decisive tackles when appropriate.
3) Immediate pressure on ball with the other in supportive space.
4) Stay compact in central, dangerous space.
5) Cover for outside defenders if they are beat.  
6) Be strong in the air to clear balls sent in high.

**ATTACK**  
1) Quick and accurate distribution to outside defenders or target forwards.  
2) Provide depth support for midfield.  
3) Attempt to switch attacking sides of play when ball is played to the center.

**DEFENSIVE MIDDLEDEERS**  
**DEFENSE**  
1) Deny the attack from entering center of the field.  
2) Become a second defender supporting outside back delaying Forward.  
3) Screening the forwards feet and denying penetrating passes in behind the defense.  
4) Winning aerial balls in midfield and starting the attack from restarts.

**ATTACK**  
1) Dictating the speed of the game  
2) The link from defense thru midfield to forwards  
3) Covering for full backs when they join in the attack.  
4) Staying connected to the other midfielders to create scoring opportunities.

**ATTACKING MIDDLEFIELD**  
**DEFENSE**  
1) Immediate marking of opposing central midfield players.  
2) Move in as second defender to assist central defenders delaying attack.  
3) Mark area at top of the box for any outside shots or drops.  
4) Win balls in the air to clear of dangerous space.

**ATTACK**  
1) Provide immediate support from targets to transition to attack quickly.  
2) Use combination play (give-and-go passes, take-over…) to create space in center of field  
3) Switch side of attack when possible.
4) Take shots from outside of the box

CENTRAL FORWARD
DEFENSE
1) 2nd defender pressure with other forwards.
2) Cover the “hole”, roughly halfway between penalty box and midfield, to win balls cleared by teams defense or dropped by opposite attack.
3) Communicate and organize defense from the attacking side.
4) Drop back to defend against restarts.

ATTACK
1) Play deep, off-shoulder to check back and receive as primary target.
2) Look to spin and get in behind.
3) Look for through runs past wing forwards for balls into space; look for quick switches to far-side wings.
4) Take outside shots to high corners to catch keeper off their line.
5) Go strong to the box to finish crosses and through balls.

WING FORWARDS
DEFENSE
1) When lose the ball get ‘goals side, ball side’ immediately
2) Apply immediate pressure on opposing defenders with the ball.
3) Front defenders to deny passes into the midfielders or forwards.

ATTACK
1) Near side support and runs off target player; far side runs for quick switches.
2) Provide outlet support to full backs.
3) Look to switch to far-side forward.
4) Take space on through runs, overlaps, and corner runs; avoid running in straight lines
5) Attack in the box to finish crosses and follow-up opportunities
PASSING PATTERNS

W/Up Activity

Passing pattern w/up (SAQ)
1. Player A plays to player B then goes to SAQ station.
2. B receives opens up and plays to C and follows pass.
3. C receives and plays to D then goes to SAQ Station.
4. D opens up and plays to A. Sequence rotates.
   *Can introduce dynamic stretches between stations.

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Diamond Passing Patterns:
- Ball starts where there are 2 players. Players pass and follow around the diamond. Players receiving opening up their bodies to keep the flow.
- Weight of pass
- Accuracy of pass
- Players check out and checking in (movement to receive)
  * Make sure players play both ways, working with both feet.

Diamond passing patterns: 'Long short long'
- 2 players start with the ball in. Player plays to the next player in the diamond then follows. Player receiving then lays off for the player that followed his/her pass to hit a diagonal pass to the next player in the diamond. Sequence continues...
- Weight of pass
- Accuracy of pass
- Movement to receive
  * Make sure you work both sides, (left and right foot)

Diamond passing pattern: 'Short long short long'
- 2 balls working at the same time.
  - Player 1A plays a short pass to player 2A who then plays a long diagonal pass to player 3A. 3A lays off to player 4A who then plays to 1B. Sequence continues. After playing a pass all players move to the next cone.
- Weight of pass
- Accuracy of pass
- Timing of movement
- Speed of play
- Concentration
  * Make sure you work both sides (left and right foot)

Diamond Passing pattern: 'One to one'
- Exercise starts by playing wide to next player in the diamond who has worked to create space. As the ball is moving the other player (white) checks in to create an option for "the one too". The player then receives the ball back and plays it to the next player who receives and plays wide. Sequence continues.
- Weight of pass
- Accuracy of pass
- Movement to receive
- Speed of play
- Concentration
  * Work both sides (left and right foot)
Possession & Movement Exercises

Speed of play -
2 players on outside 1 player working in the middle.
1 plays to 2, 2 plays to 3.
After a player plays into the middle they move to an open space/side.
The player receives in the middle and plays to the other player.
This presents quick thinking by the middle player to receive side on to know
the next pass.
Exercise works on: quick thinking, awareness, movement, communication.

3v3 + 2v2 Targets
Players have to try and play from one set of target players to the other by
playing through the middle zone.
3 in MDF have to work on there Movement to create space to play forward.
- Receiving at Angles.
- Encourage Diagonal Passes
- Keep the flow
- Creating space for yourself and other players.

4 Box with Neutrals(4v4+4):
Players score a goal by receiving the ball in the corner box,
players use the neutrals to keep the ball and work on creating space and
exploiting space, movement off the ball (replacing) should take place to create
space.
Combining quickly with Ns to score goals should be encouraged.
* Cannot score in the same goal box straight after ball has come out box.

6v4 playing to Targets (GKs) - Once a team hits a target (GK) the other team attacks the
other way.
*Work on starting position when GKs have the ball (High & Wide)
Creating Triangles.
To create space;
Movement 1: Wide Defender Moves High, Wide MDF Replaces
Movement 2: Wide Defender Moves High, central MDF Replaces, Wide MDF Replaces
Central MDF
Movement 3: Central Moves High, Central FWD moves into MDF

Movement and awareness
6v4 Grid split into 4 triangles by corner/pennies/4th cones
After player plays a pass in one triangle they have to ‘get out’ (creating space for another
player to check in).
Players can use outside neutrals to keep the ball.
*Work on players movement and awareness of where to move to create space and decision
making where to play the ball. Work on ‘Replacing’
‘make it competitive.'
Transition 2v2 + 1 to Targets
To score a goal 2 players in the middle have to link up with the neutral to play to the other target player on opposite side of grid.
Other team has to defend. If they win the ball back they play wide to the other target player. Once they have hit their target player they have to try and hit the opposite one. Neutral player is always playing with the team that has the ball.

Transition 5v5 + 2
Team with the ball (blue) possesses ball with the yellows around whites. 4 blues players on outside of grid 1 blue in the middle. 2 neutrals always inside the grid.
Transition period:
If whites win the ball then 4 whites break out the grid 1 stays in the grid with yellows. The 4 blues from outside then break in the grid to defend.

After winning the ball it encourages team to spread out & create space quickly. Use yellow (no) as an outlet. After losing the ball it makes the team press the ball and close the space.
*This is an exercise for High level players.

4v4 + 5 N (3 inside grid)
4 defenders in the middle versus 3 Ns. 2 Ns at end of grid with 4 opposing players on outside.
Transition period when Blues (4 middle players) win the ball they play to Ns to keep it and break out to outside wide areas. 4 whites on outside come in and press.
Movement is vital to keep the ball. Defensive play works as a unit to keep it. If exercise is too easy take a neutral player out of the central area.
*Make it competitive.

5v4 plus 3 GKs
White Team plays to the end line by passing the ball into it for some one to run onto. Blue team scores in either goal by pressing the ball. If whites score they keep the ball. They can use the GKs as a team mate. Blue press hard to win ball back to finish quickly.
Transition Games

Game: Team in possession score a point when they make 8 passes (blue)
Team defending score in the goals passed the GK. (Full Press)

When possessing work on start positions and movement when GK has the ball. Decision making whether to play short or play long.
Team defending full press stay connected. Be positive when they win to attack the Goal. Make play predictable.

Transition Game (7v7 inc GKs) playing thru Gates.
Teams score a point if they play thru gates, score 2 pts if score in goal.
In possession: wide and high. Being positive, decision making whether to penetrate or possess.
Defensively - stay compact shift quickly (delay penetration)

6v5 + 2v2 Targets (4)
Players have to hit Target Players (players in yellow)
Target players have to lay off to players in central pressured zone. After players enter free zone they finish at goal.
Defensively players have to shift an stop ball getting to targets. (Can work on high and low pressure)
Also works on players tracking runners (using there bodies being physical).
Awareness of attacking runs.
Attacking wise players have to make decisions if they possess or penetrate.
Also have to work on their timing and movement of their runs to recieve from Target players.
When in free (no pressure) zone players work on their finishing.

Transition: Overload flying changes
1v1: 0, 2v1, 3v2, 3v3
Transition: Overload flying changes.
1v1 starts with 1 player dribbling out (blue) and shooting on the edge of the box.
2v2: 2 players (white) come out to play 2v1 attacking the opposite goal.
3v2: same player that defended (1st blue) then joins in with two new blues to make 3v2.
4v3: To progress you could make 4v3. 2 new whites join the two original whites to attack the three blues. After 4v3 start over again.
Teams take it in turns to start exercise.
*If team steals/tackles and scores rotation carries on.
Defensively press quickly to deny an attack to deny penetration in behind to goal.
When attacking break quickly, create space (wide & High). Pace of pass. Be positive towards goals (shoot).

Quick transition from attacking to defending.
Communication to pick up players - staying compact.
Close down the ball fast, put immediate pressure on the ball to deny a quick pass to the end zones.
Break out quickly from the end zones to exploit space.
Good attacking & movement to disrupt the defending team's organization.
‘Y’ PASSING PATTERNS TO GOAL

Ball starts with CMFD. CMFD plays to CFWD. CFWD lays off and spins. CMFD plays wide to RWFD/ LWFD (rotate both sides). Wide forwards lay back to CMFD. Opposite Wide FW (e.g. LFWD) makes a run across the line, curving his run and darts in behind surprising the back four. Wide FW & CMFD work on their movement and time of the runs. Also encourage CFWD to attack the ball in the box.

Ball starts with CMFD. CMFD plays wide to CFWD. CFWD lays off and spins. CMFD then overlaps wide FW. Wide FW plays ball down the line, CFWD, RWFD, and LFWD time their runs into the box. To progress add defender. 3 options for crosses: 1 on the ground front post, 2 pull back, 3 lofted cross far post.

Ball starts with CMFD. CMFD plays wide to CFWD. CFWD lays off and spins. CMFD plays wide to RWFD/LWFD who checks to ball (rotate sides). CMFD then overlaps wide FW. Wide FW plays ball down the line, CFWD, RWFD, and LFWD time their runs into the box. To progress add defender. 3 options for crosses: 1 on the ground front post, 2 pull back, 3 lofted cross far post.

Ball starts with CMFD. CMFD plays wide to CFWD. CFWD lays off and spins. CMFD plays wide to FWFDL/FWFD who checks to ball (rotate sides). CMFD then supports and receives the the ball. Takes a touch and crosses to the CFWD and LWFD. RWFD follows in for rebound.
**Forward Movement in the Attack**

**Option 1 - Build up play in wide areas**
Ball starts with Coach playing ball into 2 attacking midfielders. They receive on the diagonal. The wide player ball side of the field checks in and creates space in behind. The ball gets played to the forward who holds it up and plays out wide into the space created by the wide forward.
- Pace of pass
- Movement to check to create space.
- Disguise
- Timing of run
- Positive play
- Patience in cannot penetrate
- Decision making when to penetrate

**Option 2 - Build up play in wide areas**
Ball starts with Coach playing ball into attacking midfielder who plays to the forwards feet. Forward holds the ball up and plays to second attacking midfielder who receives and plays wide inside the fall back to the wide forward into space.
- Pace of pass
- Movement to check to create space.
- Disguise
- Timing of run
- Positive play
- Patience in cannot penetrate
- Decision making when to penetrate

**Option 3 - Playing to Forward in behind - curved run**
Ball starts with Target players playing ball into midfield, midfielder then build the play until pass is on between full back and central defender. Important that ball side wide forward stays wide to create passing lane. Opposite wide forward times their run into the box from cross from central forward. Midfield must have players attacking crosses.
- If defenders win the ball they play to Target players to score. When targets receive they play across to start exercise again.
- Movement to check to create space.
- Disguise
- Timing of run
- Positive play
- Patience in cannot penetrate
- Decision making when to penetrate
- Good decision from crosser - on the ground, pull back driven or lofted back pass.

**Option 4 - Playing to weak side forward - curved run across back four**
Ball starts with Target players playing ball into midfield, midfielder then build the play. Weak side forward identifies space to exploit in behind the back four. Midfield build the play until pass is on between full back and central defender. Important that ball side wide forward stays wide to create passing lane. Timing of run to stay on side from wide forward is key.
- If defenders win the ball they play to Target players to score. When targets receive they play across to start exercise again.
- Movement to check to create space.
- Disguise
- Timing of run
- Positive play
- Patience in cannot penetrate
- Decision making when to penetrate

**Option 5 - Playing to Midfield runner**
Ball starts with Target players playing ball into midfield, midfielder then build the play. Central forward curves run into space in behind to drag defenders to create space. Midfield runner identifies space to exploit in behind the back four. Midfield build the play until pass is on between full back and central defender. Important that ball side wide forward stays wide to create passing lane. Timing of run to stay on side from midfielder runner is key.
- If defenders win the ball they play to Target players to score. When targets receive they play across to start exercise again.
- Movement to check to create space.
- Disguise
- Timing of run
- Positive play
- Patience in cannot penetrate
- Decision making when to penetrate
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**Playing Out The Back**

**Option 1** - Playing into Midfield from GK
Goalkeeper plays into central midfield player. Midfielder receives the ball & has a number of passing options. (Encourage midfielder to play a maximum of two touch, move the ball quickly with penetrating passes & play forward when possible)

**Option 2** - Playing to the Central Defender from GK
If the 2 strikers prevent the goal keeper playing into midfield, GK can play into either of the central defenders. Depending on the side GK distributes the ball, one midfielder will play short- the other play long. The player in possession now has a number of passing options, decision will be dictated by the position of defending players.

**Option 3** - GK plays to Full Back (LB/RB)
Midfielders play short and long. Attacking team must provide good support in front and behind the ball. Full back has a number of passing options or can carry the ball forward if the opportunity arises.

**Option 4** - GK plays into FWD
It is vital that players provide support quickly in and around the ball. Encourage good hold up play from the striker. While focusing on good supporting runs, we must also provide cover in defence in order to prevent the counter attack.

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Playing through Midfield

Shadow play: (Double movement in Midfield)
Ball starts with GK who plays out to CD. As this is happening the midfielders execute their movement with passive pressure. The players rotate their role when they receive the ball they play out wide. The exercise then rotates and the opposing team does the same. Starting positions are a triangle with the point of the triangle attached to the defenders.
The movement of midfield is double movement where the midfielder on the weak side of the field replaces the Midfielder closest to the ball. The third pushes high up the field taking players away, supporting the wide player on the ball
- encourage speed of play
- Body shape to receive
- Communication
- Fluid Movement
- weight of pass
*Can encourage combination play before ball is played wide.

Shadow play: (Triple movement in Midfield)
Ball starts with GK who plays out to CD. As this is happening the midfielders execute their movement with passive pressure. The players rotate their role when they receive the ball they play out wide. The exercise then rotates and the opposing team does the same. Starting positions are a triangle with the point of the triangle attached to the defenders.
The movement of midfield is triple movement where the midfielder on the weak side of the field checks in to the ball, the player closest moves high and the highest MDF moves across the field.
- Encourage speed of play
- Body shape to receive
- Communication
- Fluid Movement
- weight of pass
*Can encourage combination play before ball is played wide.

Playing thru Midfield - 9v3 to Targets Grid split in 4 zones
Ball starts with one target playing across to the other target. As this is happening midfield players creating space to receive. Players work on replacing each other to maneuver defenders. All 3 players cannot be in same half. When ball is played to Targets its a goal then the team defends.
Opposing team attacks. When targets receive they have to play across to allow movement to happen.
- Can players receive side on facing forwards
- Receiving on the front foot
- Being positive
- Encourage diagonal passes
-Encourage Targets (CBs to play safe - simple)

CD play ball across to trigger movement in the MDF grid
The MDF can now play to the three FWDs. One MDF can join in the attack as the ball is played forward to the FWDs. The Midfield make the decision on which MDF supports the FWDs.
-Weight of pass
-Defenders play safe/simple pass into MDF
- Fluid Movement of midfield
- Angles of support
- Speed of Play
- Movement of FWDs to creat space to receive.

Playing thru Midfield - 6v3 to Goals 3 zones with "movement line"
Ball starts with GK who plays out to either Central Defender
As this is happening midfield players creating space to receive. Players work on replacing each other to maneuver defenders. All 3 players cannot be in same half. The three MDFs have to try and play with the FWD. A MDF can join in the attack to go to goal
GK always starts with the ball to allow movement to occur.
- Can players receive side on facing forwards
- Receiving on the front foot
- Being positive
- Encourage diagonal passes
- CBs to play safe - simple
- Timing of runs to support the FWD.

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Defending 1v1
Players play a 1v1 with an opponent. As opponent receives ball defender closes them down. Defenders close down, slow down and show the attacker away from goal:
- Immediate Pressure on the ball
- Correct body shape - Denyling towards goal
- Plant foot back foot first
- Cam the defender steal it with foot first
- If they can’t win the ball then force them out of bounds

2v2 Defending: Pressure, Cover
First defender plays the ball to the other team then closes then down.
The second defender covers him diagonally behind covering him and the other attacker (1).
If the ball gets played to the other attacker then the cover defender 
- Pressing defender and visa versa (2). Defenders always forcing away from goal:
- Immediate Pressure on the ball
- Cover behind the pressure
- Correct body shape, forcing away from goal
- Quick movement to press and cover when ball moves vertically
- Tracking runners, keeping defenders
- Encourage pressing defender to follow ball when ball gets played pass him/her
- Communication from covering defender
- If defenders win the ball quick counter

Defending: High and Low Pressure
Both Teams have to try and hit the green target players to score a goal.
If the targets are hit then the target player goes from the ball plays the ball across to start again to the opposing team.
Defenders now have to decide as a team if they press the ball high to stop the
- What Pressure on the ball? High or Low
- Keeping the lines the same - Staying connected
- Cover behind the pressure
- Correct body shape, forcing towards pressure
- Tracking movement to press and cover when ball moves laterally to stay balanced
- Tracking runners, keeping defenders
- Encourage pressing defender to follow ball when ball gets played pass him/her
- Communication from covering defender
- If defenders win the ball quick counter

Defending, Tracking Runners
Both teams have to try and hit the green target players to score a goal.
Defenders now have to concentrate on tracking the runners to receive the
- What Pressure on the ball? High or Low
- Keeping the lines the same - Staying connected
- Cover behind the pressure
- Correct body shape, forcing towards pressure
- Tracking runners, keeping defenders
- Encourage pressing defender to follow ball when ball gets played pass him/her
- Communication from covering defender
- If defenders win the ball quick counter

Defending Focus on Back Four
- Defenders win the ball they play to Targets. Attackers score at Goal line.
- Identify triggers as an individual and team
- What Pressure on the ball? High or Low
- Keeping the lines the same - Staying connected
- Cover behind the pressure
- Correct body shape, forcing towards pressure
- Tracking runners, keeping defenders
- Encourage pressing defender to follow ball when ball gets played pass him/her
- Communication from covering defender
- If defenders win the ball quick counter
Role of the Defensive Midfielder

Defensive Midfielder: 6v6 with servers.
The game starts with a server playing the ball in on the diagonal. The attackers can score by playing into the end zone or by playing into the target player. Players in highlighted zones are resistors.
Defensive Midfielder has to try and stop the ball itting the target player. If the ball does win the ball they try and play forward to the target player on the near side. If he cannot penetrate then he can pass with other MDF or wide players.
- Staying connected
- Communicating
- Shifting quickly (goal side - ball side)
- Screwing the target players
- Reading when to press
- Reading when to intercept a longer straight pass

Defensive Midfielder: 4v3 in 3v3 Situation:
2v2 in back zones. 2v1 in Middle Zone. Defensive Midfielder has to stay in own half to protect both teams. If ball is played through zones players can move forward to support the play. If one of Central Defenders goes forward the DMF replaces him.
When the two central defenders have the ball DMP showing on the diagonal to receive to play forward. Can the ball forward? If not combine with other midfielders.

- Shifting quickly (goal side - ball side)
- Screwing the target players
- Reading when to press
- Pressing the runners
- Reading when to intercept a longer straight pass
- Staying connected

Defensive Midfielder: 4v3 possession
The attackers can score by playing making 6 consecutive passes or by playing into the middle player in the central diamond.
Defensive Midfielder has to try and win the ball. If DMF wins the ball they try and score in the corner goals.
- Staying connected
- Communicating
- Shifting quickly (goal side - ball side)
- Screwing the target players
- Reading when to press
- Track the runners
- Reading when to intercept a longer straight pass

Defensive Midfield Pressing Movements: key: P = Pass, M = Defensive Movement
- SVS defending team attacks gate.
- Shifting quickly and pressing the ball: (1M) When ball gets played wide.
- Staying and screening, stopping the ball being played to the FWD (2M).
- If the ball gets played wide and Center back goes wide to press, DMP slides into back 4 (2M) - Same on both sides. If he wins the ball he can play through Gates or play pull backs who break on opposite side to play through gates - Identify times when to press and when to shift.
- Screen forward and pressing lines.
- Staying connected with Back 4.