

**ESTONIA  
WOMENS NATIONAL TEAM  
POSSESSION THROUGH  
MIDFIELD**



**IMPROVE LINK UP & SUPPORT  
PLAY THROUGH MIDFIELD**

**KRB Boanas**

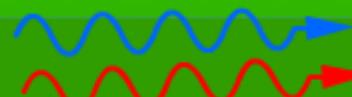
**© KEITH BOANAS 2014 ALL DIAGRAMS CREATED USING  
www.SoccerTutor.com Tactics Manager**

## KEY TO DIAGRAMS

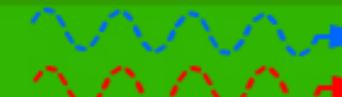
PLAYER MOVEMENT WITHOUT THE  
BALL  
(COLOUR CODED TO SHIRT )



Dribbling



RUNNING WITH THE BALL



PASS OR SHOOT



LONG LOFTED /CURVE PASS/ HIGH  
CROSS



## POSSESSION THROUGH MIDFIELD MICRO TEACH

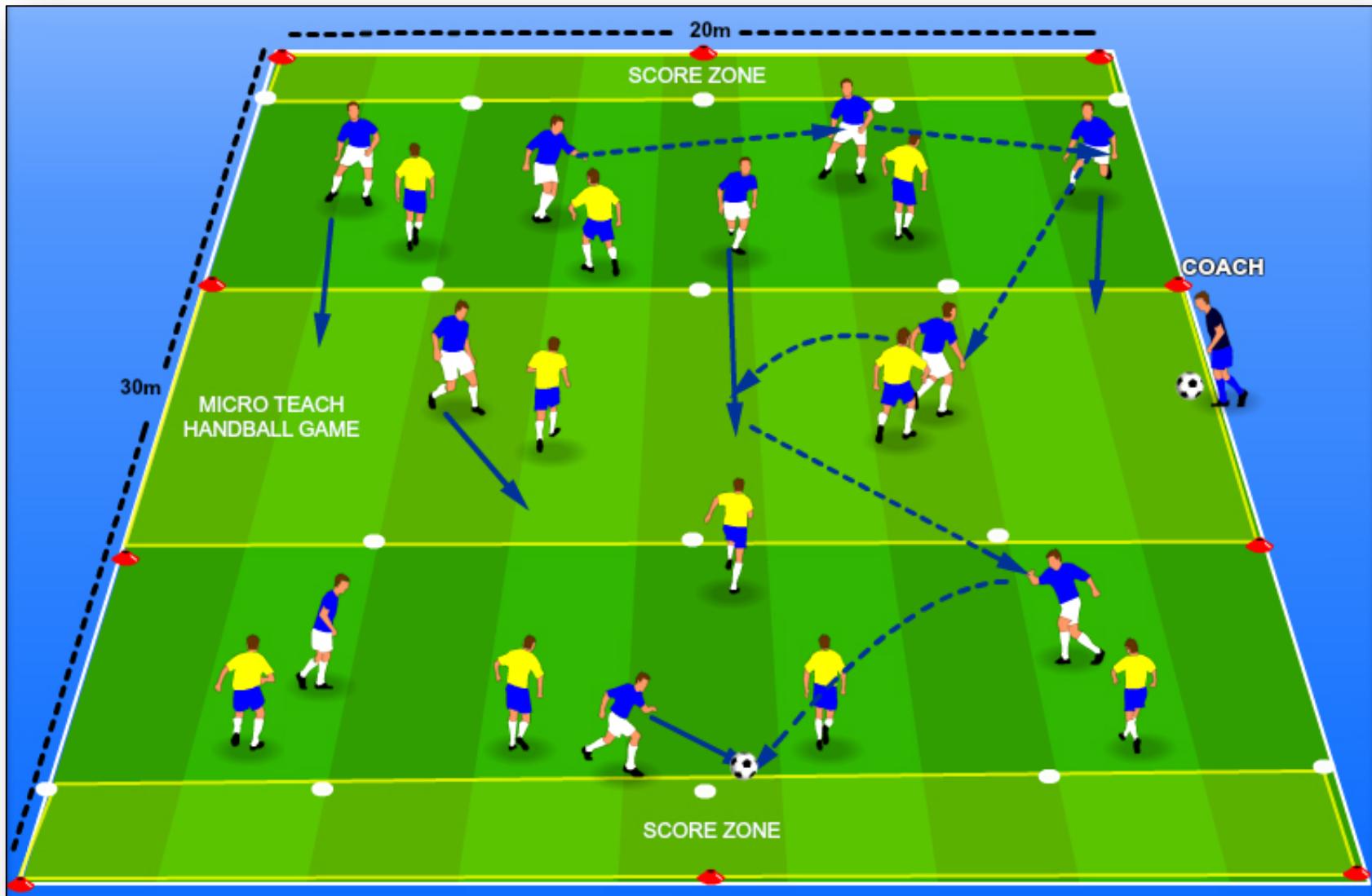


DIAGRAM ABOVE MICRO TEACH HAND BALL GAME TO TEACH THE RULES OF THE NEXT PRACTICE 20 X 30m AREA 3 ZONES AND SCORING ZONES ABOUT 2m AT EACH END –FORMATIONS AS FOR GAME ON LARGER FIELD – DO HAND BALL WALK THROUGH GAME THEN TRANSFER ONTO MAIN FIELD .

## POSSESSION THROUGH MIDFIELD GAME RELATED 1

### DIAGRAM 1 MARK

**FIELD INTO THIRDS AS SHOWN - 5 + GK V 3 IN EACH END ZONE 2 V 2 IN MIDDLE ZONE - OBJECTIVE IS TO GET BALL INTO FINAL THIRD THROUGH LINK UP PLAY IN MIDFIELD . OUTWEIGH IN DEFENDING THIRD SHOULD ALLOW OPPORTUNITY TO PASS INTO ONE OF THE TWO MIDFIELDERS WHO SHOULD WORK HARD TO CREATE SPACE TO RECEIVE – ONCE BALL IS PLAYED IN ONE PLAYER FROM THE 5 IN THIS CASE THE DEFENSIVE MIDFIELDER MOVES INTO THE ZONE TO CREATE A 3 V 2 SUPPORT SITUATION IN TURN ALLOWING THE OPPORTUNITY TO COMBINE AND PLAY FORWARD TO THE STRIKERS – ONCE BALL ENTERS ATTACKING THIRD GAME BECOMES FREEPLAY TO A FINISH**



**KEY COACHING POINTS- 1. CREATE SPACE 2. RECEIVING BODY SHAPE & FIRST TOUCH 3. HEAD UP 4. SUPPORT-COMMUNICATION 5. DECISION 6. MOVEMENT 7. FORWARD RUNS –WITH & WITHOUT THE BALL 8 .END PRODUCT – SHOT ON GOAL**

## POSSESSION THROUGH MIDFIELD GAME RELATED 2

### DIAGRAM 2 MARK

**FIELD INTO THIRDS AS SHOWN - 5 + GK V 3 IN EACH END ZONE 2 V 2 IN MIDDLE ZONE - OBJECTIVE IS TO GET BALL INTO FINAL THIRD AS PREVIOUS SLIDE. BALL HAS BEEN PLAYED THROUGH MIDFIELD AND THE THIRD PLAYER LINKED IN TO COMBINE AND PLAY TO ONE OF THE 3 ATTACKERS FEET - THE STRIKERS TRY AND QUICKLY COMBINE TO SCORE -**

**AS BALL IS PLAYED FROM MIDDLE TO FINAL THIRD ALL PLAYERS CAN NOW MOVE FORWARD AND DEFENDERS CAN RECOVER AS A NORMAL GAME UNTIL THE BALL IS DEAD OR AT COACHES DISCRETION - PLAY BOTH DIRECTIONS STARTING WITH THE SAME PROCESS.**

DIAGRAM 2

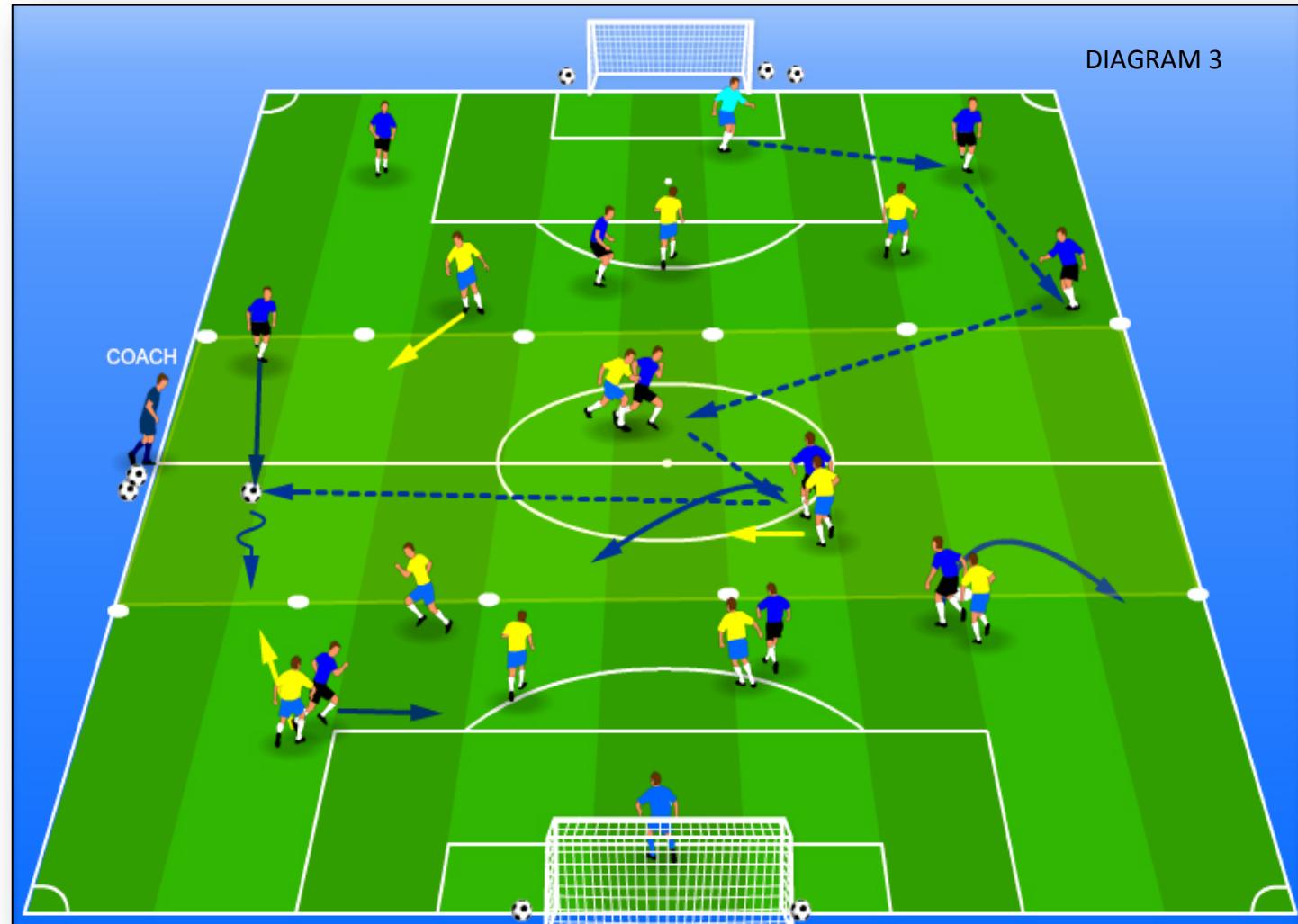


**KEY COACHING POINTS- 1. CREATE SPACE 2. RECEIVING BODY SHAPE & FIRST TOUCH 3. HEAD UP 4. SUPPORT-COMMUNICATION 5. DECISION 6. MOVEMENT 7. FORWARD RUNS –WITH & WITHOUT THE BALL 8 .END PRODUCT – SHOT ON GOAL**

## POSSESSION THROUGH MIDFIELD GAME RELATED 3

**DIAGRAM 3**  
SHOWS NEXT PROGRESSION WHERE THE OPTION OF THE THIRD PLAYER IS NOW THE FULL BACK WHO HAS RECOGNISED THE OPPORTUNITY TO MOVE INTO SPACE AND PROVIDE AN OPPORTUNITY TO SWITCH PLAY – NOW ALSO THE PLAYER ON THE BALL HAS THE OPTION OF PASSING OR CARRYING THE BALL INTO THE FINAL THIRD AS PICTURE SHOWS –

THIS SHOULD AFFECT DEFENDERS THUS CREATING SPACE FOR OTHER ATTACKING PLAYERS – SAME AS PRIOR PRACTICE ONCE BALL ENTERS FINAL THIRD ALL PLAYERS ARE RELEASED TO REACT AS NORMAL GAME . TO A FINISH .



**KEY COACHING POINTS-** 1. CREATE SPACE 2. RECEIVING BODY SHAPE & FIRST TOUCH 3. HEAD UP 4. SUPPORT-COMMUNICATION 5. DECISION 6. MOVEMENT 7. FORWARD RUNS –WITH & WITHOUT THE BALL 8.END PRODUCT – SHOT ON GOAL