



Midfield Attacking with Transition

Date: Jan 11, 2026

Intensity: ● (1/10)



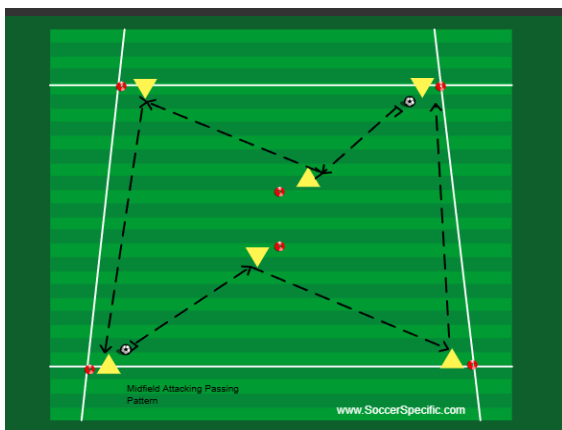
1

Setup: PLAY 1 / 1v1-4v4

Small sided game in an appropriately sized space using soccer regulation rules.

Instructions: As players arrive they enter into a pick up soccer game. This may begin as 1v1, and gradually move into variations like 2v1, 2v2, 3v2, etc..Game should not go beyond 4v4 at this stage.

Coaching Points: In this phase of training (Stage 1) players are arriving and coach is integrating players into a small sided game with variations mentioned above. Game should not be bigger than 4v4. Begin to lightly introduce basic tactical ideas for day's topic of pressure, cover, and balance.



2

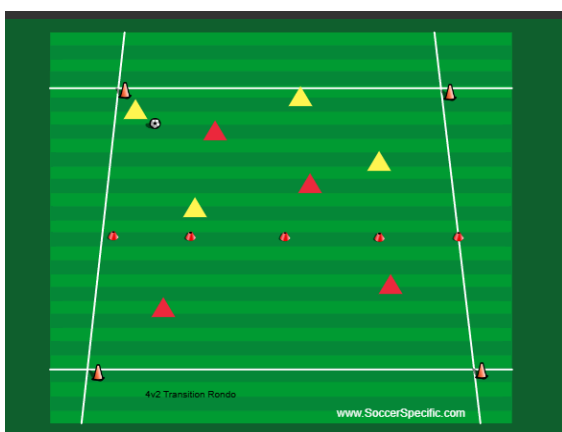
Setup: MIDFIELD ATTACKING PASSING PATTERN

Set up 6 cones as shown in diagram. Place 2-3 players at each cone. Ball moves as indicated in diagram and there are 2 soccer balls moving at the same time. Players should follow their pass by running to cone they passed to.

Instructions: This activity is a combination of passing and receiving. Middle cones represent central midfielders and pattern is working the ball centrally, then to a wide area as may happen in a switching the flank scenario. You should have at least 2 players at each cone and players should follow their to the cone they passed to.

Coaching Points: - Technique of passing (locked ankle, use inside of foot, follow through to target) and receiving (knees bent, alert, on your toes, first/receiving touch with purpose)

- Challenge players to move the ball with speed without sacrificing clean technique as a game situation would demand
- Communicate



3

Setup: 4 V 2 TRANSITION RONDO

Create a rectangular grid divided into halves to form two playing areas as shown in the diagram above. In addition, two teams of four players are needed for this drill. One team of four starts on one side of the grid against two of the opposing players who will be defending them. The other two players stand by on the opposite side of the grid.

Instructions: Exercise starts with a 4v2 rondo on one half. Coach can play a ball in or the players can start the on their own. The offensive players try to maintain possession of the ball and complete a minimum number of passes to earn a point. When defenders win the ball back, two players who were defending join their two teammates for a 4v2 advantage against two defenders on the opposite side.

Coaching Points: - Consistent ball support through : movement, passing lanes, communication

- In transition how quickly can we regain an attacking shape/spacing (diamond)?
- Coach passing/receiving technique!

