



Attacking from the Midfield

Soccer Drill, Possession, Soccer Passing Drill, Communication, Switching, Attack

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Drill Objective:

Focuses on building an attack from the midfield and focuses on the midfield players getting forward into the attacking third.

Drill Setup:

Divide the field into 3rds using cones. In the defensive third have a keeper in the goal and 2 defensive players who play against 2 attacking players. In the middle third have 4 attacking midfield players and 3 defensive midfield players. Have the defensive players wear an alternate jersey. The play begins with the coach on the side line.



Drill Instructions:

The coach starts the play by serving a ball into the attacking midfielders. When the attacking mid players gain possession, the attackers should penetrate and attack immediately. The mid field player that passes to an attacker in the attacking third should step in and play 3v2 (in the attacking third). If the defensive players win the ball, they should play keep-away from the attacking team.

Drill Coaching Points:

- o Proper spacing and angles to receive passes (support).
- o Good movement from attackers checking into the midfield players.
- o Make sure the midfield players are getting into the attack and playing off the attackers and getting forward (attack).
- o Quickly swing the ball through the midfield to take advantage of number up situations.

Drill Variations

- o Instead of making the person passing into the attacking 3rd step into the attack, make the furthest player from the ball step in and attack.
- o Increase or decrease the number of players.
- o Change the numbers to focus on offensive attack or defensive shape.

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