



Drill Name: Midfield Support and Penetration

Set up :

Groups of 5, 1 ball per group. End players 30 yards apart, Central players in the middle split by 10 yds and off set. Rotate central players every minute. End players switch lines each repetition

Instructions:

1. (shown) B checks to receive pass from A, as pass is in transit, C drops off to provide depth for B. B plays support pass to C, who drives the ball to D. 2. (not shown) Same as 1 except C passes to A as he makes a third person overlapping run. 3. (shown) Same as 1, except C plays slip pass to B's curling run. 4. (not shown) Same as 1, except C is allowed to decide which pass to play.

Coaching Points:

Tempo of passes/interplay
Type of pass and accuracy
Timing and type of off the ball movement
Communication
Body shape to receive