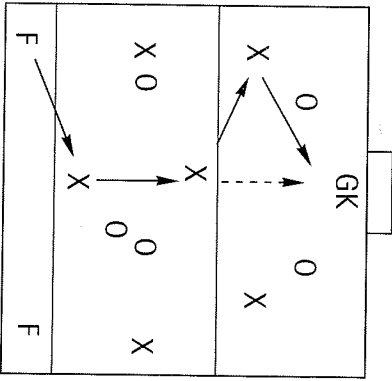
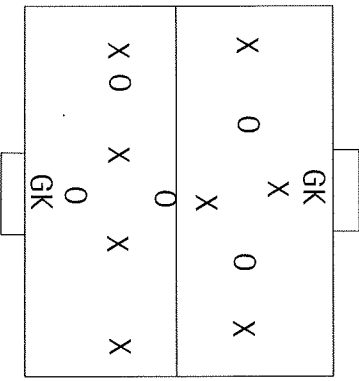




Presenter: John Ellinger, US Youth Soccer Technical Director
 Topic: Functional Training for Two Central Midfielders in 4-4-2

Activity Name	Description	Diagram	Coaching Points
1 Warm-up	Four groups of four players with one ball per group. Inter-passing in one grid. Next option is that players play a long pass into another grid on a command by the coach. The receiving player stays in the grid, but the other three players move into the next grid.		<ul style="list-style-type: none"> -Communication -Open 'hips' on receiving the ball -Keep shape -Transition
2 4 v 2 (or 3 or 4) to Target Players	Play begins with T1 or T2 passing the ball into X's. X's score by getting the ball to targets T3, T4 and receiving the ball back again to go the other way. T players have one/two touches. O's score by stealing the ball and passing to any T player. Rotate players. Possible conditions: <ul style="list-style-type: none"> • Limiting touches • Minimum number of passes before scoring 		<ul style="list-style-type: none"> -Width and depth in midfield -Communication -Play the way you face -Open up on receiving the ball -Support angles and distance -Possession v Penetration

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<p>3. Link Midfield with Front Two Players</p>	<p>4 v 3 in midfield. 2 v 2 in attacking third (numbers can be modified as necessary). Feeders (F) play the ball into midfield.</p> <p>Possible conditions:</p> <ul style="list-style-type: none"> • One CM can penetrate final third by dribbling • One CM can penetrate, only after forward receives the ball and passes back to midfield • Minimum number of passes in midfield before penetrating 		<p>-Movement of two CM's to support front two -Movement of front two to receive ball -Range of combination play -Communication on which midfielders are moving forward</p>
<p>4 8 v 8 Game with GK's</p>	<p>Player formation: 2-4-2 for both teams (move to normal 8 v 8 game)</p>		<p>-Attacking transition for two CM's -Defensive transition for two CM's</p>
<p>5 Cool Down</p>			