

## Region IV ODP Coaches Symposium

### Functional Role of Playmaking Midfielder by Derek Armstrong

Began with videotape presentation of Jan Molby for Liverpool FC in the 1992 FA Cup Final against Sunderland – highlighted vision, one touch, short and long passes, teammates finding him as playmaker, switching the field, etc.

#### Field Session:

**Warm up:** Play 10 v 10 +2 (make goalies utilize their feet too)

Then split group into 2 and play 3v3+1 in an 18x18 yard grid, as well as 4v4+1 in a 24x24 yard grid. Try to utilize the middle man, get him to think about position, space, vision and one or two touches.

Gradually add direction and touch restrictions.

**Move to 8v8** including one keeper on a full width field by 85 yards. Only play one way – defenders have to hit targets. The object is to teach midfield players positional play. Concentrate on playing middle to final third.

**Final:** Play 11v11 full field, both directions. Train with emphasis on the midfield unit.

#### Tactics we can teach players (not in order of priority)

1. Knowing how to “**get on the ball**”
2. Knowing when “**to stay away** from asking for the ball
3. Knowing when to “**step forward**”
4. Knowing when to **hold** the ball and for how long
5. He has to be taught where to **look** and how to **position** himself to look. He must be taught the need to **change the point of attack**
6. He must be taught the need to **cover** for his team when they themselves are in attacking positions – ie. He must provide cover for the team defensively at times – especially back players
7. He must be taught the **primary** attacking patterns of his team
8. He must be taught how to make adjustments **to his team and his own play** because of the opposition tactics
9. He must be taught **when to stand still**
10. He must be taught the **importance of not losing the ball** in his position
11. The team must be taught that **OUR KEY PLAYER** must get the ball when he is open, and quickly
12. The TEAM must be taught tactics to get our designated player on the ball in space