

Description

How Should the Containing Mid

Move Laterally to Support Back 4

CONTAINING MIDFIELDER #6 moves laterally to support Back 4 Defenders.

#6 is critical for switching the field.

#6 needs to play forward of the 4/5 Center Backs and forward or square of the Full Backs 2/3 so he/she is always an option for passing.

6 has to be careful not to crowd the back line, but consistently be available forward in the field to switch fields or play the ball upfield.



Play Beneath the Ball to Support Top

CONTAINING MIDFIELDER #6 plays beneath the ball, that is, he/she keeps a position available for the direct drop back. #6 should never be in front of the ball when Attacking Midfielders (8/10), Wingers (7/11) or Forward (9) has the ball.

RED LINES. By playing beneath the ball, 6 has a better option of offering cover symmetrically to the player with the ball. Favoring one side or another creates a more obvious lane for successful penetration.



Don't Cramp Top

6 too close to 8, and not beneath the ball. Leave forward and lateral passing options to 10, 9, 7.



Symmetical Support in Attacking Third

When Attacking Centrally, and players move into a symmetrical pattern, there are many options.



Attacking from the Wings

Key Point: FORWARD 9 Moves out of the penalty box to check toward Winger 11 with the ball (toward the corner of the 18). This off-the-ball movement attempts to get the defender to follow 9, thus making a shooting channel for 6.

10 moves into the 18 and instantly turns his/her back to the goal to shield a pass to 6 for the shot.

It is important that 8 crashes, not only for the possible rebound but also attempting to move the Full back out of the shot (direct game channel).

