## 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).


