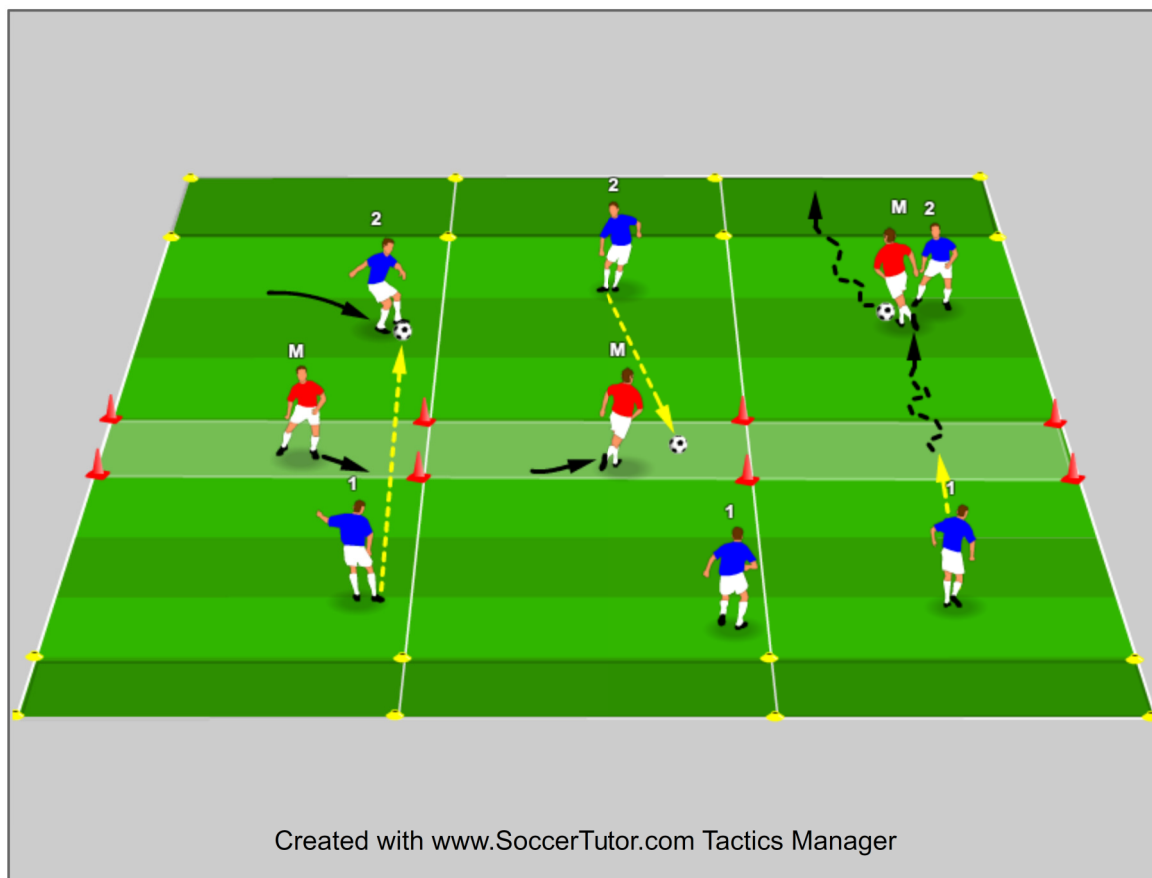


Midfielders - Interceptions and 1 v 1's



Date: 12/Sep/2011 **Measurement:** 10 x 20 Yards

Time: N/A : N/A **Players:** 1

Duration: 15 **Level/Age Group:** U8 - 18+

Description: In a field area of 20 x 10 metres players work in groups of 3. The midfielders are positioned in the centre of the pitch in a zone of 2 metres depth. The players play a 2 v 1 scenario and are limited to 3 touches. Two players have possession of the ball and aim to pass to each other through central zone.

The central midfielder has the task of intercepting the ball and successful attempts to dribble the ball past his opponent into the end-zone.

Objective: To develop passing, receiving and midfield interceptions.

Coaching Points:

1. Monitor the accuracy and speed of the passing.
2. The player in the central zone needs to close the angle for the player in possession and also anticipate where the pass is going.
3. If the central player intercepts the ball they must make a quick transition to attack and dribble at their opponent using a feint or move.

Progression: Taken from "Individual Defending Tactics - Italian Style DVD"
More variations available on the DVD

This Practice was taken from Individual Defending Tactics - Italian Style Academy Training Program DVD

**This Teaching Method has been Developed in
the Youth and Academies of the Italian Serie 'A'**

Marking, tackling, intercepting/anticipating, positioning and defending the goal are fundamental elements in the modern game of football.

The Italian Style coaches present more than 40 technical exercises and game situations for the physical and mental development of young soccer players.

The exercises focus on the defensive phase, with the primary **objective to develop the tactical awareness and abilities of the defenders.**



Improvement of the fundamentals of individual tactical abilities

1. Marking/positioning
2. Defending the goal
3. Tackling
4. Anticipation/Intercepting

Development of Coordination Abilities using 1v1 Situations

1. Balance
2. Differentiation and rhythmisation skills
3. Motor reaction
4. Motor combination

Purchase the DVD

<http://shop.soccertutor.com/Individual-Defending-Tactics-Italian-Style-DVD-p/st-d004.htm>

Diagrams were created using [www.SoccerTutor.com](http://www.soccertutor.com) Tactics Manager Software <http://www.soccertutor.com/tacticsmanager>