

Rochdale AFC

Midfield player's individual techniques

Receiving/half turn/facing play/back to goal
Passing/long and short/include crossing
Turning
Running with the ball
Dribbling
Finishing in and around the penalty area

Concentrate on playing through midfield

Support/angles/Distances
Movement/rotation of players
Timing of runs in support
Composure and awareness in possession

Practices to include roles and responsibilities individual and collectively
Phases of play to include when in possession in defensive and midfield

With back 4 as 1/ (2) central midfield and 2 wide midfield players
3 midfield players
5 midfield players

Midfield player's roles and responsibilities:

Defending as a unit
1 v 1 defending Tracking/recovering runs
Positioning/cover and support in relation to the ball
Direct pressure/or not