Soccer practice sessions

The defensive midfielder

Area – 40 x 70 playing area with two teams. Play 6 v 6. 3 v 3 in each attacking zone. The holding midfield players in a 10 x 40 central zone. The group of 3 v 3 stay in their own half.

Holding midfielders role

1. (as shown) The red defenders attempt to get the ball to the red attackers.
2. The grey attackers and the holding midfield play try to stop this.
3. If the holding midfielder blocks the pass, they start the attack again. If the grey attackers win the ball they can use the holding midfield player to keep possession.
4. If the ball is switched to the red attackers then the holding midfielder helps the reds in possession and attempts to stop the grey defenders getting the ball to the grey attackers.

You could add two holding midfielders and a defender to the middle zone.

Coaching points:

Holding midfielders positioning and communication