

## Technical Exercises for Midfielders/Defenders

\*Line up 5 balls in a row. Identify a target anywhere from 10-30 yards away.

Without taking a stride into the ball (place the non kicking foot right next to the ball and take a short, choppy stride into the ball) clip 5 balls in a row to the target

\*Use both feet

\*Receive a pass and turn. Purposely catch the ball too tight on your foot so that you will be forced to clip the ball to the target as in the exercises above (ADVANCED EXERCISE)

\*Use both feet

\*Play a stationary ball to a target player who is out wide and is curving a run as they would when they are trying to get behind a defender

\*Receive a pass, turn and make the same pass to the same target player

\*Try to play a long ball to the target player while on a full dribble

\*Get an obstacle such as a goal or flag and play the ball over the top to the target payer who is making a run

\*Play a hard pass on the ground with more speed on the ball that you normally would to help your training partner develop softer feet in order to help catch the ball better

\*Play balls in the air back and forth concentration on “catching” the ball with the instep and outside of foot