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TRADITION PEOPLE EXCELLENCE

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## **FUNCTIONAL TRAINING FOR FLANK MIDFIELD PLAYERS**

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Functional training implies isolating the techniques and tactics necessary for a particular position, and then improving an individual's performance in that position. This is accomplished by practicing situations and techniques that a particular player is likely to encounter during a match.

### **Warm Up**

Passing and Receiving "Round the Square".

### **Technical Functional**

Flank midfield players practice the following patterns:

Receive and Turn

Overlap

Double Pass

Three Man Combinations

Blind Side Running

### **Tactical Functional**

In a "Phase of Play" training session the players execute the patterns based on their own "reading of the game", attempting to penetrate from the midfield third to the final third and create a scoring chance.

### **Game**

The coached team plays a 1-3-3-1, the defending team a 1-2-3-2.