



## A defensive midfielder's responsibility: 1-4-2-3-1

To be strong on defense and win my 1 v 1 battle. "I am a winner."



- Physical demands:
  - Be aggressive, win every tackle when it counts. Win your 1 v 1
  - Stay in control
  - Speed, in short and medium distances
  - Agility
- Technical importance in possession:
  - Be reliable in possession, speed of play, excellent first touch and ball control
  - Switch play. Play diagonal passes
  - Head the ball with a purpose
  - Pass the ball accurately
- Tactical awareness in possession:
  - Drop back into a back three and be willing to receive the ball when the time is right
  - Try to start an attack with a quality pass
  - Keep possession so the team can use the formation to its fullest potential
  - Look for the full backs with your first pass
- Out of possession:
  - Communication with the center backs, full backs and the other midfielder
  - Move into the holding midfield position
  - Understand when to apply pressure on the ball
  - Understand when to mark tight and when to mark zones

The mental aspects of soccer

- Read the game well
- Awareness – You must be able to anticipate your next pass or movement
- Errors will occur. Especially in the area you are working. You have to be mentally strong to keep possession in front of your goal
- A Vocal leader and organizer
- Disciplined. Resist the urge to venture out of your area. You can share with the other midfielder