



MIDFIELD TRAINING CHECKLIST

Central midfield — the 6, the 8 and the 10 · Advanced youth (U16–U19) · Outdoor 11v11

DATE

PLAYER 1

PLAYER 2

FOCUS OF THE DAY

How to use this: Modules 1–7 and 11–17 apply to every central midfielder. Modules 8, 9 and 10 are role-specific — the 6, the 8 and the 10 — and most players at this age should be taught at least two of them. Tick each item as you cover it; the grey boxes are the exact words to say. Section 20 is the timed plan, Section 21 the evaluation grid. Circle today's priority modules before you start.

01 Scanning, Awareness & Body Shape

FOUNDATION

- ☐ Scan before the ball arrives, not as it arrives. A minimum of two shoulder checks while the ball is travelling to you. Elite midfielders scan six to eight times in the ten seconds before receiving
- ☐ **What you are looking for**— in this order: the space behind you, the nearest opponent, your forward options, the far side of the field
- ☐ Scan, then process. Looking is not seeing. Ask them after every repetition: who was behind you? That is the coachable part
- ☐ **Open body shape**— hips and shoulders half-turned so the field opens across your line of sight. Square to the passer means one option; open means all of them
- ☐ Position yourself so you can see the ball and the space in the same glance — angle of support, not just distance of support
- ☐ **Head up on the ball**— the touch should not require looking down. Ball mastery buys the head-up habit

Common faults: scanning once and only at the last second, scanning but not registering, square hips, head down through the first touch

Cues: "Check your shoulder — twice." · "Open up before it comes." · "Who's behind you?" · "Picture in your head before it arrives."

02 Receiving & the Half-Turn

TECHNICAL

- ☐ **The half-turn**— receive with the body already turned 45 degrees so one touch takes you facing forward. This single habit is the biggest technical separator in central midfield
- ☐ **Receive on the back foot**— the foot furthest from the passer. It opens the body automatically and moves the ball away from the nearest opponent
- ☐ The first touch decides the second. Touch into the space you already identified while scanning, not into your own feet
- ☐ **Angle of the run to receive**— come toward the ball on a curve, not a straight line, so the body is already open on arrival
- ☐ **Receiving with back to goal**— when you genuinely cannot turn: touch-tight control, protect with the body, and either set it back first-time or roll the marker
 - Know the difference between "I can turn" and "I must set" before the ball arrives
- ☐ **Show and move**— if you are free, show for the ball; if you are marked, move to create the angle. A static midfielder is an unavailable midfielder
- ☐ **Get on the ball more often**— the number of touches a midfielder gets is a coachable output, not a fixed trait

Cues: "Half-turn — open the gate." · "Back foot." · "Touch out of your feet." · "Free man shows, marked man moves."

03 First Touch & Turning Under Pressure

TECHNICAL

- ☐ First touch out of the feet, across the body, away from the nearest pressure — into a position you can pass or carry from
- ☐ **Directional first touch**— every touch should have a purpose and a direction. A dead touch under the sole invites the tackle
- ☐ **The turns worth owning**— teach three or four properly rather than ten badly:
 - Inside hook and outside hook
 - **Cruyff turn**— for changing direction with disguise
 - **La croqueta**— two touches, one foot to the other, to escape a committed presser
 - **The drag-back / pull-back and the 270 turn**— for spinning away from a marker on your back
- ☐ Turn only when it is on. A turn into pressure is a turnover in the most dangerous area of the field. If it is not on, set it back and reposition
- ☐ **Shielding**— body between opponent and ball, arm out for feel and space (not a push), low base, ball on the far foot. The skill that buys a teammate two seconds
- ☐ **Composure is technical before it is mental**— players panic because their touch is unreliable. Fix the touch and the panic reduces
- ☐ **Train it under real pressure**— tight areas, live defenders, 1v1 and 1v2. Unopposed touch work does not transfer on its own

Cues: "Out of your feet." · "Is the turn on? If not, set it." · "Big body, arm out, ball on the far foot." · "Two touches to get out."

04 Passing Technique & Range

TECHNICAL

- ☐ **The short pass**— inside of the foot, ankle locked, weighted to the receiver's back foot so they can play forward first- time
- ☐ **The driven pass**— laces through the middle of the ball, low and flat, for speed through a line. The most under-taught pass at youth level
- ☐ **The lofted pass and the long diagonal switch**— under the ball, follow through high; used to change the point of attack and beat a whole block
- ☐ **Outside of the foot**— for disguise and for the pass your body shape says you cannot play
- ☐ **The through ball**— weighted so the runner does not break stride; played into the space, not to the player
- ☐ **Disguise**— body feint before the pass, eyes elsewhere, the reverse ball. Deception is a coachable technique, not a flourish
- ☐ **Weight and timing beat accuracy**— the right pass at the wrong moment is a bad pass
- ☐ **Line-breaking passes**— the pass that eliminates an opponent's line. Recognise when it is on, and know it is worth a slightly higher risk than a square ball
- ☐ Both feet. Give the weaker foot dedicated volume in every session or it never arrives
- ☐ **One-touch and two-touch under pressure**— speed of release is the midfielder's protection
- ☐ **The golden rule in your own third**: never play square across your own box

Cues: "To the back foot." · "Break the line if it's on." · "Look forward first, then wide, then safe." · "Disguise it — don't telegraph it."

05 Ball Retention & Press Resistance

TECHNICAL / TACTICAL

- ☐ **Press resistance is mostly pre-ball**— scanning, body shape and support angle do more than any skill move
- ☐ Know the free man before you receive. If you have to look for the pass after your first touch, you are already late
- ☐ **Receive to escape**— first touch away from the presser, into the space they vacated
- ☐ **The bounce pass**— set it back first-time to a free teammate when you are trapped. Not a failure; the correct answer
- ☐ **Rondos as the core training format**— teach position inside the rondo, not just passing: angles, body shape, opening up, and the split pass through the middle
- ☐ **Playing in tight areas**— the touch gets smaller and the head comes up higher, not the reverse
- ☐ **Composure under a swarm**— slow the heartbeat, protect the ball, buy the second that lets support arrive
- ☐ **Know when to stop playing out**— when the press wins, the honest answer is long and safe. Recognising that moment is a skill, not a surrender
- ☐ **Turnover discipline**— where you lose it matters more than how often. A loss in your own third is worth several in theirs

Cues: "Know your out before it comes." · "Bounce it — don't force it." · "Smaller touch, higher head." · "Where did you lose it?"

- ❑ **The space between the lines**— the gap between the opponent's midfield and defence. Occupying it forces defenders to make a decision, and every decision creates a gap somewhere else
- ❑ **The half-spaces**— the two vertical corridors between the centre and the flanks. The most valuable real estate on the field for an 8 or a 10, because you can see and reach both the middle and the wing from there
- ❑ Find the pocket, then face forward. Receiving in the pocket square to your own goal wastes the position
- ❑ **Move to be found**— drop, spin, check away and come back. Stand still in a pocket and a defender simply steps on you
- ❑ **Pinning**— positioning so a defender cannot leave you, which frees a teammate elsewhere. An off-ball contribution that never shows on a stat sheet
- ❑ **The third-man run**— A passes to B, C receives from B in the space A created. The most reliable way to break a compact block, and it needs rehearsing
- ❑ **Create the passing angle**— if you cannot be passed to, move until you can. Angle beats distance
- ❑ **Timing**— arrive in the pocket as the ball is played, not before. Early arrival invites the marker
Coaching method: Play a possession game with a scoring bonus for any pass received between the lines and turned forward. Reward the action you want; the movement follows.

Cues: "Find the pocket." · "Get in the half-space." · "Move to be found." · "Third man — who's the runner?"

07 Positioning, Rotations & Positional Play

- ❑ Occupy different lines and different lanes. Two midfielders on the same line in the same lane are one midfielder
- ❑ **Staggering**— the midfield three should form a triangle, never a flat line. One deep, two ahead, or one ahead and two deep, depending on the phase
- ❑ **Distances**— close enough to combine, far enough that one opponent cannot cover two of you
- ❑ **Rotations**— when one midfielder vacates a space, another fills it. Rotations create confusion in marking schemes and free the ball-carrier
 - The 8 drops, the 6 pushes on
 - The 8 goes wide, the full back inverts inside
 - The 10 drops into the pocket, a runner goes beyond
- ❑ **Creating a spare man**— the whole point of build-up. Know where your team's extra player is meant to be, and how to become him
- ❑ **The double pivot vs the single pivot**— what changes in your responsibilities under each
- ❑ **Midfield shapes**— the flat three, the diamond, the box midfield. What each demands of the 6, the 8 and the 10
- ❑ **Positional discipline**— go and help, but know who covers the space you left, and get back to it

Cues: "Different line, different lane." · "Don't stand next to him." · "If he goes, you fill." · "Where's our spare man?"

- ☐ Position on the line between the ball and your own goal. The default is in front of the centre backs, in the passing lane into the opponent's most advanced central player
- ☐ **Screening**— body positioned to make the pass into the striker's feet impossible, while still able to press the ball. Positioning first, tackling second
- ☐ **Constant scanning behind you**— the 6 must know where the opponent's 10 is at all times, without being told
- ☐ **Support distance**— close enough to receive, deep enough to cover. Too close and you clog the ball-carrier; too deep and you are unavailable
- ☐ **The pivot in build-up**— show for the ball between or beside the centre backs, receive half-turned, and either break a line or switch it. You are the release valve for the whole team
- ☐ **Dropping into the back line (the salida / lavolpiana)**— when to do it, and why it is a tool rather than a default
- ☐ **Rest defence**— when your team attacks, the 6 holds the shape that stops the counter. This is most of the job and gets none of the credit
- ☐ **Ball-winning**— interceptions before tackles, tackles before fouls, and the tactical foul only when it is genuinely worth the card
- ☐ **Decision-making tempo**— the 6 usually plays one and two touch. Holding the ball in front of your own defence is how goals get conceded
- ☐ **Study Rodri and Busquets**— specifically their positioning before the ball arrives, not their highlight passes

Cues: "Screen the pass in." · "Where's their ten?" · "Show — be the out." · "One and two touch in front of the back four." · "Who's holding if we attack?"

09 The #8 — Box-to-Box

- ☐ Link the two halves of the team. The 8 is the connection between the 6's control and the 10's creation — available in both directions, always
- ☐ Cover ground with purpose, not just volume. Running a lot is not the job; running to the right places is
- ☐ **Arriving in the box late**— the defining habit. Time the run so you enter the box as the ball is delivered, behind the defenders' eyeline. This is where a midfielder's goals come from
- ☐ **Receive forward**— the 8 gets the ball facing the opponent's goal more often than any other midfielder, and must be able to drive with it
- ☐ **Carry the ball**— driving into space in front of you is how the team advances when passing lanes are shut
- ☐ **Support the ball on both sides**— drop to receive when the team is under pressure, push beyond when the team is progressing
- ☐ **Combination play**— one-twos, third-man runs, and the overlap from central midfield
- ☐ **Defensive work rate**— tracking the opponent's runners from midfield, and pressing on the trigger. The 8 defends more space than anyone
- ☐ **Know when to leave and when to hold**— if your partner has gone forward, you stay. Two 8s in the box at once is a counter-attack waiting to happen
- ☐ Study Bellingham and Valverde for the modern version, and Lampard for the arriving-in-the-box habit specifically

Cues: "Late into the box." · "Get beyond him." · "If he goes, you hold." · "Drive it — nobody's pressing you." · "Track the runner."

10 The #10 — Attacking Midfield

ROLE-SPECIFIC

- ☐ Live between the lines (Module 6). The 10's whole value is receiving in a space the opponent's midfield and defence both think is the other's responsibility
- ☐ Receive facing forward wherever possible. A 10 who takes the ball with their back to goal has become a striker with no support
- ☐ **Constant repositioning**— drift wide, drop deep, spin behind. The 10 who stands in the middle gets marked out of the game
- ☐ **The final pass**— through balls, the cut-back, the disguised reverse ball. Weight it so the runner does not break stride
- ☐ **Vision is trained, not gifted**— it is scanning plus pattern recognition plus repetition. Treat it as coachable
- ☐ **Beat a man in the final third**— the 10 must be able to eliminate one opponent to create the overload
- ☐ **Shooting from the edge**— if the block is compact, the shot from distance is the way in
- ☐ **Defensive responsibility**— the modern 10 presses, screens the pass into the opponent's pivot, and counter-presses. There is no longer such a thing as a 10 who does not defend
- ☐ **Relationship with the striker**— the false 9 and the 10 swapping, and who occupies the space when the other drops
- ☐ **Study De Bruyne, Odegaard and Wirtz**— watch what they do in the five seconds before they receive Worth saying out loud to your players: the classic free-roaming number 10 has largely disappeared from the professional game. The role now demands pressing and positional discipline. Coach the creativity, but do not let them believe it exempts them from the defensive side.

Cues: "Between the lines — facing forward." · "Don't stand still." · "Weight it so he doesn't break stride." · "Screen their six."

11 Defending as a Midfielder

OUT OF POSSESSION

- ☐ Interceptions before tackles. The best defensive midfielders rarely tackle — they arrive early. Reading the pass is the trainable skill
- ☐ **Reading the interception**— watch the passer's hips and plant foot, not the ball. Step on the pass, not after it
- ☐ Position first. Most midfield turnovers are won by standing in the right place, not by winning a duel
- ☐ **Delay when isolated**— if you are the only one back, your job is to slow it down until help arrives. Do not dive in
- ☐ **Tackling technique**— block tackle with the ankle locked, poke tackle from the side, and stay on your feet. Sliding in central midfield takes you out of the game entirely
- ☐ **Tracking runners**— go with them, all the way, and hand them off only when someone calls for them. Losing a runner from midfield is how teams concede
- ☐ **Defending as a unit**— the midfield line moves together, keeps its distances, and stays compact vertically with the back four
- ☐ **Screening the passing lane**— your body position should make one pass impossible while you pressure another
- ☐ **Know when to press and when to hold**— a midfielder who presses alone breaks the whole block
- ☐ **Defensive work rate is a skill you can measure**— recoveries, interceptions and sprints back. Count them in a session and it changes behaviour

Cues: "Step on it — don't wait for it." · "Stay on your feet." · "Go with him." · "Delay — help's coming." · "Hold the line."

- **Pressing triggers**— the shared signals that send the whole team:
 - A backward or square pass
 - A heavy or bad first touch
 - A player receiving facing their own goal
 - A pass to a weaker foot or a weaker player
 - A ball played into a wide area or toward the touchline
 - A slow, high or under-hit pass
- **The cover shadow**— press from an angle that puts your body between the ball and the next pass. One player can take away two options if they approach correctly. This is the single most useful pressing concept for a midfielder
- **Pressing traps**— leave one option open deliberately, then swarm it. Usually the touchline
- **Press as a unit or not at all**— one midfielder pressing alone leaves a hole where they were standing
- **Counter-pressing**— the immediate press in the moment of loss, while the opponent's first touch is still settling. The opponent is at their most vulnerable in the first three seconds
- **The six-second principle**— win it back within six seconds of losing it, or drop and get organised. The fatal option is doing neither
- **Counter-pressing requires shape beforehand**— you can only counter-press if you were positioned well while you had the ball
- **High block, mid block, low block**— what each asks of a central midfielder, and how the starting position changes

Cues: "Trigger — go!" · "Press with your shadow." · "Win it back now or get set now." · "Press together or don't press."

13 Transition & Rest Defence

- **Attack to defence**— the first reaction after losing the ball decides whether it becomes a counter-attack. Counter-press or recover, immediately, and as a decision rather than a reflex
- **Defence to attack**— the first three seconds after winning it are the most dangerous in football. Look forward first: is the counter on?
- **The first pass after a turnover**— forward if it is on, safe and quick if it is not. A slow first pass kills a counter
- **Recovery runs**— sprint the shortest goal-side line, get inside the ball, and look over your shoulder while running. Recover into your position, not just backwards
- **Rest defence**— the shape held while your team attacks, specifically so a turnover does not become a break. Usually the 6 plus one centre back plus the spare full back
- **Know your role in rest defence before the attack starts**— who holds, who is free to join, and what triggers a swap
- **Counter-attacking as a midfielder**— the carry into space, the early pass in behind, and the timing of the supporting run
- **Second balls**— midfield is where they land. Anticipate the drop zone from a long ball or a clearance rather than reacting to it

Cues: "Look forward first." · "Shortest way home." · "Who's holding?" · "Second ball — react!"

14 Final Third — Creating Chances

ATTACKING

- ☐ **The killer pass**— through the last line, weighted to the runner's stride, played at the moment the defender's weight shifts
- ☐ See the run before you get the ball. The pass is decided while scanning, not after the first touch
- ☐ **Disguise**— look one way and play the other, the no-look, the reverse pass. What makes a good pass unstoppable
- ☐ **The cut-back**— the highest-value pass in modern football. Get to the byline or the edge of the six-yard box and pull it back to the penalty spot
- ☐ **Combination play**— the one-two to eliminate a defender, the third-man run to break a block, the overlap and underlap from central midfield
- ☐ **Breaking down a low block**— switch the point of attack, use the half-spaces, shoot from range to drag them out, and be patient
- ☐ **Risk calibration**— in the final third, an ambitious pass that fails costs little. Encourage the attempt there, demand security in your own half
- ☐ **Set the tempo of the attack**— know when to slow it down to let runners arrive, and when one touch is the only right answer

Cues: "See the run early." · "Cut it back — don't cross it." · "Take the risk here, not back there." · "Wait for the runner."

15 Arriving in the Box & Finishing

ATTACKING

- ☐ **Time the run to arrive late**— behind the defenders' eyeline, entering the box as the ball is delivered rather than standing in it waiting
- ☐ **Attack the two danger zones**— the penalty spot and the edge of the six-yard box, and the top of the D for the cut-back
- ☐ **Read the crosser's body shape**— the delivery tells you where to go a full second before it arrives
- ☐ **Striking from distance**— laces through the middle of the ball, ankle locked, body over it to keep it down. The low driven shot is a midfielder's goal
- ☐ **The volley and the half-volley**— for the ball dropping on the edge after a clearance
- ☐ **Finishing in the box**— side-foot placement over power at close range, and hit the target first
- ☐ **Heading from midfield**— attacking the ball on the move and heading down toward goal
- ☐ **Rebounds and second balls**— follow every shot in; midfielders score a surprising number from three yards
- ☐ Volume matters. Finishing is the most repetition-dependent skill in the game — assign it as homework

Cues: "Late, not early." · "Over the ball — keep it down." · "Hit the target." · "Follow it in."

16 Set Pieces & Delivery

TACTICAL

- ☐ **Your midfielders are usually your set-piece takers**— this is trainable output, and most youth teams under-train it
- ☐ **Corner delivery**— inswinging versus outswinging, the near-post whip, the deep ball to the back post, and the short corner routine
- ☐ Consistency of strike matters more than variety. One reliable delivery beats four unreliable ones
- ☐ **Free kick technique**— the curled ball over the wall, the driven ball, and the knuckleball. Pick one and own it
- ☐ **Delivery from wide areas**— the early cross, the driven ball across the six-yard box, and the cut-back
- ☐ **Set-piece organisation**— know the routine, the signal, the first-contact target and the second-ball plan
- ☐ **Defensive set pieces**— your midfielders take the edge of the box for clearances and the counter, and they hold the outlet position
- ☐ **Rehearse under fatigue**— set pieces get taken in the 88th minute, not at the start of training

Cues: "Same strike every time." · "Who's on the edge?" · "First contact and second ball." · "Head up before you deliver."

- ☐ **Controlling tempo**— the ability to speed the game up and slow it down deliberately is the defining trait of an elite midfielder. Fast is not always right; slow is not always safe
- ☐ Slow it down when your team is stretched, you are protecting a lead, or runners need time to arrive. Speed it up
- ☐ when the opponent is disorganised or you have just won it back
- ☐ **Thinking faster**— decision speed comes from scanning earlier and recognising patterns. Train it with constrained, opposed, decision-rich exercises rather than unopposed patterns
- ☐ **Communication**— the midfielder talks more than anyone because they see more than anyone. "Man on", "Time", "Turn", "Switch", "Behind you", "Step", and the receiver's name first, every time
- ☐ **Composure after a mistake**— demand the next ball. The midfielder who hides after a turnover costs more than the turnover did
- ☐ **Concentration for 90 minutes**— a midfielder's lapse is a goal against, and it usually happens in the ten minutes after their team scores
- ☐ **Common midfield mistakes to hunt for:**
 - Receiving square instead of half-turned
 - Scanning once, at the last second
 - Turning into pressure instead of setting it back
 - Standing still in a pocket rather than moving to be found
 - Playing square across their own box
 - Pressing alone and breaking the block
 - Both 8s in the box at once, leaving no rest defence
 - Jogging back instead of sprinting the recovery
 - Holding the ball too long in front of their own defence

Cues: "Slow it down — let them come." · "Speed it up — they're not set." · "Demand the next one." · "Talk — you can see it, they can't."

- ☐ **Watch with a job. Give each player one thing to look for**— how often does he scan before receiving? which foot does he receive on? — not "watch this midfielder"
- ☐ Watch the five seconds before he gets the ball. Nearly all of what makes an elite midfielder elite happens before the pass arrives
- ☐ **Benchmarks by role:**
 - **The 6**— Rodri and Busquets for positioning and screening; Pirlo for deep-lying creation; Kanté and Casemiro for ball- winning
 - **The 8**— Bellingham and Valverde for the modern box-to-box; Lampard for arriving in the box; Bernardo Silva for retention
 - **The 10**— De Bruyne for the final pass; Odegaard and Wirtz for movement; Modric and Kroos for control and range
- ☐ **Use the every-touch format**— a video following one midfielder's every touch in a match teaches more than a highlight reel
- ☐ **Film your own players and review with the same framework:** what happened, what was the decision, what were the alternatives, what next time The point is to copy the habit, not the highlight. Modric's best moment in a game is usually a shoulder check nobody notices. That is what the players should be hunting for.



SESSION PLAN — 90 MINUTES, CENTRAL MIDFIELDERS

Built for a group of four to eight central midfielders. Nearly every block should be opposed — midfield skills that work unopposed do not transfer. Where you need extra bodies, use the resting players as passive then active defenders. If you run short on time, protect these four in order: scanning and the half-turn (M1–2), first touch under real pressure (M3), receiving between the lines (M6), and the counter-press reaction (M12). Set pieces and finishing can move to another day.

TIME	BLOCK	CONTENT & COACHING FOCUS
0:00–0:10	Warm-up with the ball	Raise and mobilise. Passing in pairs with a mandatory shoulder check before every receive. The habit starts in the first minute, not in the last drill.
0:10–0:22	Scanning & the half-turn Modules 1, 2	Receive-and-turn from a server with a mannequin behind. Progress to a passive defender, then a live one. Question them constantly: who was behind you? Correct back-foot receiving.
0:22–0:34	First touch & turning under pressure Module 3	Tight-area 1v1 and 1v2. Two or three turns only, done properly. Add shielding when the turn is not on. Demand the set-back as a legitimate answer.
0:34–0:46	Rondo block Modules 4, 5	5v2 then a positional rondo. Coach position inside the rondo, not just passing — body shape, angles, and the split pass. Bonus point for any pass through the middle.
0:46–0:58	Between the lines & third man Module 6	Zoned possession game: a point for any pass received between the lines and turned forward, two for a third-man combination. This is the tactical core of the session.
0:58–1:08	Role-specific block Modules 8, 9, 10	Split the group. 6s: screening and receiving as the pivot. 8s: arriving in the box from deep. 10s: receiving in the pocket facing forward. Ten focused minutes each beats thirty generic ones.
1:08–1:18	Transition & counter-press Modules 12, 13	Continuous 3v3+2 with an immediate six-second counter-press on every turnover. Then recovery runs into shape. Score the reaction, not just the goals.
1:18–1:30	Phase of play / final third Modules 14, 15	Live phase from midfield into a full-size goal. Every attack must include either a line-breaking pass or a third-man run. Midfielders must arrive in the box.
1:30–1:35	Cool-down & debrief Modules 17, 18	Mobility. Each player names one thing they improved and one focus for next session. Assign one film-study clip as homework, with a specific question to answer.

POST-SESSION EVALUATION

Rate 1 (needs rebuilding) to 5 (a strength). Note the player's primary role at the top. One specific note per player — a number without a note is useless next week.

COMPETENCY	RATING	NOTE
Scanning frequency & quality	1 2 3 4 5	
Body shape & half-turn	1 2 3 4 5	
First touch under pressure	1 2 3 4 5	
Turning & escaping pressure	1 2 3 4 5	
Passing range (both feet)	1 2 3 4 5	
Line-breaking passes	1 2 3 4 5	
Ball retention / press resistance	1 2 3 4 5	
Finding space between the lines	1 2 3 4 5	

COMPETENCY	RATING	NOTE
Positioning & spacing	1 2 3 4 5	
Role-specific execution (6/8/10)	1 2 3 4 5	
Defending & interceptions	1 2 3 4 5	
Pressing & counter-pressing	1 2 3 4 5	
Transition reaction (both ways)	1 2 3 4 5	
Final-third creation	1 2 3 4 5	
Arriving in the box / finishing	1 2 3 4 5	
Tempo control & communication	1 2 3 4 5	
Priority for next session	1 2 3 4 5	
Companion to the Goalkeeper and Defender Training Curriculums — the three are designed to be coached together, and the command vocabulary is	1 2 3 4 5	
deliberately shared across all three. Prepared for a U16–U19 central midfield group.	1 2 3 4 5	