



Containing Midfielder 6

Category: Tactical: Position specific
Difficulty: Difficult

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Individual-Adult Member

Description

How Should the Containing Mid

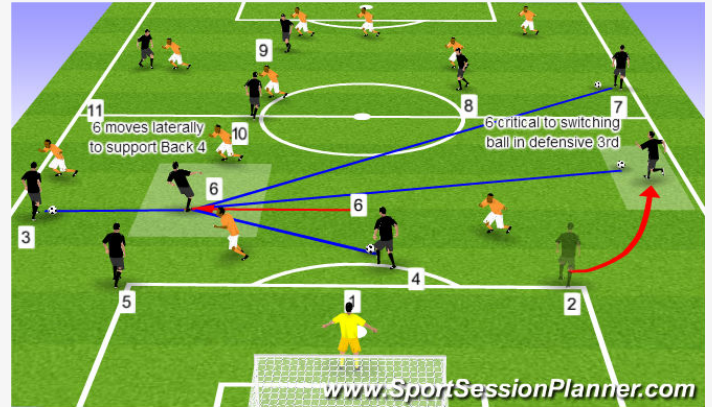
Move Laterally to Support Back 4

CONTAINING MIDFIELDER #6 moves laterally to support Back 4 Defenders.

#6 is critical for switching the field.

#6 needs to play forward of the 4/5 Center Backs and forward or square of the Full Backs 2/3 so he/she is always an option for passing.

6 has to be careful not to crowd the back line, but consistently be available forward in the field to switch fields or play the ball upfield.



Play Beneath the Ball to Support Top

CONTAINING MIDFIELDER #6 plays beneath the ball, that is, he/she keeps a position available for the direct drop back.

#6 should never be in front of the ball when Attacking Midfielders (8/10), Wingers (7/11) or Forward (9) has the ball.

RED LINES. By playing beneath the ball, 6 has a better option of offering cover symmetrically to the player with the ball. Favoring one side or another creates a more obvious lane for successful penetration.



Don't Cramp Top

6 too close to 8, and not beneath the ball.

Leave forward and lateral passing options to 10, 9, 7.



