**Midfield Skills Set:**

Mentality – the “Human yo-yo”

Getting Open all the Time

* From fullbacks
* Midfielders
* From Forwards

Checking to ball at the right time – going to get the ball

Demanding the Ball

Looking behind for options before ball is received

Making “Killer Passes” through the defensive line

Receiving and Turning - The pivot turn and receive technique, The Shielding Technique,

* The fake and let it run technique, The pull spin technique

Changing Directions in Midfield – Conti turn + Pull Push + Step Over turn out side cut etc….

Long diagonal passes into space - switching fields

Arial Heading

Shooting from outside the box.

Making late runs into the box

Driven balls into the Target player – and following to support

Crossing from Both sides