

# A Holding Midfielder's Responsibility

To be the first line of defense when we lose the ball

- Physical demands:

- Be aggressive, win every tackle when it counts.
- Win your 1 v 1
- Endurance and stamina
- Speed, in short and medium distances
- Strength of passing

- Technical importance in possession:

excellent first touch and ball control

- Be reliable in possession, speed of play,
- Good dribbling skills and the understanding of when to dribble or when to pass
- Long distance shooting
- Head the ball with a purpose
- Pass the ball accurately, switching the play

- Tactical awareness in possession:

- Move behind the ball to support the play in case possession is lost
- Try to start an attack with a quality pass, you will have the ball a lot
- Keep possession so the team can use the formation to its fullest potential
- Look for the full backs with your first pass or look for a switch
- Can you make a third man run?

- Out of possession:

- Communication with the team
- Delay the play so the attacking midfielders can recover or apply the pressure quickly
- Keep watch on the space behind your full backs
- 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 – Quick thinker
- Always show for the ball while assessing the situations
- Errors will occur. Especially in the area you are working. You have to be mentally strong to keep possession while players are moving into position
- A Vocal leader and organizer
- Recognition of your movements off the ball

