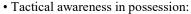
A Holding Midfielder's Responsibility

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:
 - Be reliable in possession, speed of play,

excellent first touch and ball control

- 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



- 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

