

# U14 Central Defensive Midfielder Role Canvas

Academy 6: connect the back line, protect the middle, switch play, and recover quickly.

## What we want to see

- Show in front of the CBs as an option.
- Receive with open body and play forward.
- Protect central space when others attack.
- Communicate and keep the team connected.

## Touches and skills

- Open-body first touch.
- Bounce pass and forward pass.
- Switch pass across the field.
- Tackle, intercept, and recover.

## Final-third job

- Support behind the attack, not too high.
- Keep the ball moving when crowded.
- Find the 8, winger, or striker when free.
- Be ready for rebounds and counter-attacks.

## Pro models / video study

- Rodri: calm pivot play.
- Busquets: body shape and awareness.
- Declan Rice: tackling and covering space.
- Tchouameni: strength and simple passing.
- Study scanning, first touch, and protection.

## How to have success

- Scan before the ball arrives.
- Keep passes simple and sharp.
- Know where pressure is coming from.
- Stay central and balanced.

## Team patterns

- CB -> 6 -> fullback or 8.
- 6 switch -> free winger.
- 8 drops -> 6 supports underneath.
- If one side is crowded, change sides.

## Pressing role

- Protect the middle first.
- Step to press when the ball is loose.
- Force play away from central spaces.
- Recover quickly if bypassed.

## Scan & study

