

JUDE BELLINGHAM

The FINTER Midfielder Development Pack | 2026

12 practical exercises • Roles 6/8/10 • 20-minute solo plan • Four-week challenge • 12-question quiz • Video observation • Reflection

PROFILE	WHAT TO LEARN
Born 29 June 2003 in Stourbridge, England	Early responsibility does not remove the need for long-term development.
Senior clubs: Birmingham City, Borussia Dortmund, Real Madrid	Different environments can develop different strengths.
Real Madrid shirt: No. 5	Observe scanning, first touch, passing, box arrivals and defensive reactions.
Role: versatile midfielder	Learn the responsibilities of No. 6, 8 and 10 without specialising too early.

What do the roles mean?

ROLE	MAIN TASK	SIMPLE COACHING QUESTION
No. 6	Connect build-up and protect central space	Can I receive safely and play forward?
No. 8	Link defence and attack, press and carry	Where is the best space to move next?
No. 10	Create chances and arrive around the box	When should I arrive, not just stand, in space?

Important: These activities are designed by FINTER and are inspired by visible qualities in elite football. They are not Bellingham's personal professional training plan. Adapt to age, ability and weekly workload.

Your starting target

My main focus for the next four weeks: _____

Player / team: _____ Date: _____

12 training exercises - Part A

Setup, action and progression. For younger children: keep it playful and simple.

01 • Colour scan

2–4 players • 7 min Place three colours behind the receiver. A partner signals a colour before passing. Scan, name it and receive away from pressure.

Progression: Add a defender who blocks one exit.

02 • Half-turn gate

2–3 players • 7 min Build two side gates. Scan before the pass and take the first touch into the available gate.

Progression: A defender closes one gate after the pass.

03 • 6-to-8 progression

4–6 players • 8 min Use three vertical zones. Receive deep and choose whether to pass forward or carry into the next zone.

Progression: Include one pressing opponent.

04 • Protect and escape

2 players • 6 min Inside 8 x 8 m, shield the ball for two seconds, then escape through a side gate.

Progression: Finish with a pass to a teammate.

05 • Third-player run

3–5 players • 8 min A passes to B, B sets to C, A runs beyond a marker to receive C's next pass.

Progression: Add a defender and vary the timing.

06 • Late box arrival

4–7 players • 9 min Midfielder starts outside the area. A wide player delivers a cutback as the midfielder arrives late to finish.

Progression: Add a tracking defender.

12 training exercises - Part B

Setup, action and progression. For younger children: keep it playful and simple.

07 • Carry or release?

4-8 players • 8 min A ball-carrier attacks a central defender with two outlets available. Decide between carrying and passing.

Progression: Award points for good decisions rather than speed.

08 • Curved press

4-6 players • 7 min Press a ball-carrier on a curve while screening one passing outlet.

Progression: Use a second defender for coordinated press.

09 • Five-second transition

6-10 players • 10 min Play 3v3 or 4v4. On regaining possession, try to create an attack within five seconds.

Progression: Allow recycling if the fast attack is blocked.

10 • Midfield overload

7-11 players • 10 min Play 4v3 in a rectangle. Move to make a spare passing option and connect to end targets.

Progression: Allow defenders to counter on regain.

11 • Weak-foot first touch

1-3 players • 6 min Pass against a wall or partner; alternate receiving feet and guide the ball toward a target.

Progression: Scan a colour before the return pass.

12 • Match-action circuit

6-12 players • 12 min Connect receive, carry, combine, finish and react defensively.

Progression: Use live defenders for authentic choices.

TRAINING PLANS

20-minute optional individual session

MINUTES	SESSION	SUCCESS SIGNAL
0-4	Wall passing and ball familiarity	Control with both feet
4-8	Scanning cue and receive	Useful head checks
8-12	Half-turn through a gate	First touch prepares action
12-16	Carry, change pace and pass	Recognise space and defender
16-20	Finishing / target passing	Quality over quantity

60-minute team session

- 10 min: game-based warm-up with the ball.
- 12 min: scan, receive and half-turn in pairs.
- 12 min: third-player runs and cutback finishing.
- 18 min: 4v4 transition game with simple constraints.
- 8 min: free play and player reflections.

Four-week challenge

WEEK	FOCUS	YOUR CHECK
1	Awareness: scan before a pass	I found useful information before receiving []
2	First touch: into next action	My first touch helped my second action []
3	Movement: pass and relocate	I created an option after passing []
4	Transfer: use it in a match	I noticed the skill in a real game []

Recovery and enjoyment matter. These plans are optional examples—not mandatory training volume.

PRINTABLE KNOWLEDGE QUIZ

Circle one answer per question. The answer key is on the following page.

1. In what year did Bellingham join Real Madrid?

A 2020 B 2023 C 2025

2. Which club did he play for immediately before Real Madrid?

A Birmingham B Dortmund C Liverpool

3. What is scanning?

A Looking around for information B Sprinting C Watching only the ball

4. What does a No. 8 often do?

A Only finish B Connect both directions C Never defend

5. Why can a late box run work?

A Defenders are occupied by forwards B It guarantees a goal C Offside never applies

6. Why is the first touch important?

A Make a high bounce B Prepare the next action C Always turn toward goal

7. Which EURO 2024 moment is Bellingham known for?

A A free kick v France B Overhead kick v Slovakia C Penalty v Portugal

8. Why press on a curve?

A Pressure and block a pass B Avoid the ball C Draw a foul

9. What does the Birmingham No. 22 story represent?

A Goal count B 4 + 8 + 10 C Club count

10. What is safe youth coaching?

A Copy pro workload B Adapt skills to age C Train only finishing

11. If space is blocked, what is smart?

A Dribble into pressure B Use support and move C Stop receiving

12. How do you know training works?

A Cone quantity B Exhaustion C Better decisions in games

Score: ____ / 12 Something I learned: _____

ANSWER KEY & VIDEO OBSERVATION

Quiz answer key

1: B, 2: B, 3: A, 4: B, 5: A, 6: B, 7: B, 8: A, 9: B, 10: B, 11: B, 12: C

For each correct answer: 1 point. 10–12: very strong; 7–9: good; 0–6: revisit the guide.

Watch five minutes of a match or official highlight

Observation is about learning habits, not ranking the player. Count useful actions and write what happened.

ACTION	TALLY	WHAT DID YOU NOTICE?
Useful scans before receiving	_____	_____
First touches that prepare next move	_____	_____
Runs after a pass	_____	_____
Late arrivals near goal	_____	_____
Quick reactions after ball loss	_____	_____

My favourite learning moment

Verified videos (official sources)

- Real Madrid - All of Bellingham's 2023/24 goals: youtube.com/watch?v=VSsrd2QaxCY
- UEFA - Bellingham EURO 2024 goals and assists: youtube.com/watch?v=39rktbR3GR8
- UEFA - Top 10 EURO 2024 goals: youtube.com/watch?v=BhbDIgWHy0A

READER VOTES & REFLECTION

10 question prompts for the FINTER WordPress voting shortcode

These are discussion questions, NOT collected results. Aggregate vote percentages appear only if the WordPress polling system records votes on the server.

- 1. Which is Bellingham's greatest strength? Football IQ / Movement / Power / Finishing
- 2. Best tactical role? No. 6 / No. 8 / No. 10 / Flexible
- 3. Hardest skill for youth players? Scanning / Half-turn / Pressing / Late box runs
- 4. Best exercise type? Small games / Technical routines / Video / Team tactics
- 5. Should young players try different positions? Yes / Depends / Sometimes / No
- 6. Greatest Bellingham moment? El Clásico / UCL 2024 / EURO overhead kick / Other
- 7. Most undervalued midfielder action? Scanning / Cover shadow / Third-player run / Recovery
- 8. How often do you watch matches to learn? Weekly / Monthly / Rarely / Never
- 9. Biggest mistake in youth midfield coaching? Too much instruction / Early specialisation / Too little opposition / Too much pressure
- 10. Who can learn from this guide? Player / Parent / Coach / Football fan

My end-of-week reflection

What did I learn about my awareness, first touch or movement?

Where did I use it in a match?

What will I practise next week?

SOURCES AND FURTHER LEARNING

Real Madrid official player profile: realmadrid.com/en-US/football/squad/jude-bellingham

UEFA player profile: uefa.com/uefachampionsleague/clubs/players/250128377--jude-bellingham/

FINTER Football IQ: finter.dk | FINTER position training: finter.dk/temaer/positionstraening/

Data checked on 11 October 2026. Match statistics change. This educational publication is independent of Bellingham, Real Madrid and UEFA.