

# Football/Soccer Session ( ): Midfield Rotation and Dispersal (Start Time: 29-Jul-2013 10:30h)



**Pro-Club: York City FC**  
Tony Mee, Adult Member



## Profile Summary

**Name:** Tony Mee  
**City:** Rotherham  
**Country:** United Kingdom  
**Rank:** Elite – 1 points  
**Membership:** Adult Member  
**Sport:** Football/Soccer



### Screen 1 (30 mins)

#### Session Organisation

As shown, 5v5 in the box with 4 neutrals.

#### Objective

To retain possession using team mates and neutrals

To create space for others to play in

#### How to Play

Outside players (neutrals) on 2 touch

Both teams *must* keep at least 1 player in each triangle

The Reds in possession combine to play the ball into another area (as shown)

The player who passes the ball out *must* leave that area and can be replaced by another player (he doesn't have to follow his pass - he may leave for any other triangle) but he *must* be replaced

The player receiving in a 1v1 can pass out first time but *must* still leave his area and be replaced

If a pass is played to a neutral the player stays in the same triangle - the ball is played back into the triangle it came from

#### Progressions

Allow players to run/dribble the ball to another area

Allow 1 neutral to neutral pass



### Screen 2 (30 mins)

#### Session Organisation

Practice is designed to work with midfield players

Mannequins in the shaded section

#### How to Play

The defenders (yellow) must press to try & win the ball

Each Red player must touch the ball before passing into the 2 central midfield players

Midfield players must pass into the opposite end

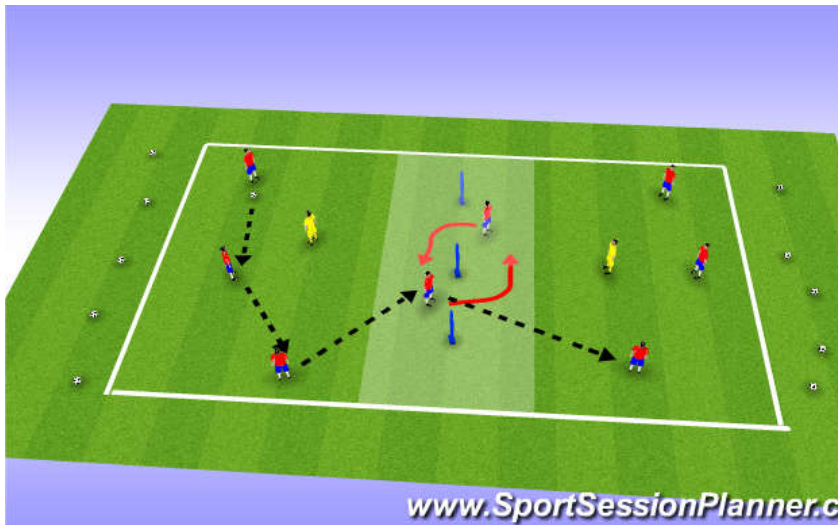
#### Coaching Points

Middle 2 make circular runs behind and between the mannequins

Arrive in space at pace on the half turn  
 Realistic movement to support the pass when the ball is in the end zones

**Progression**

Middle players must combine before playing forward  
 Add a 2nd defender in the end zones  
 Add a defender in the middle zone



**Screen 3 (30 mins)**

As shown. Red defenders start with the ball. Objective for the reds is to score a goal. Objective for the yellows is to win the ball back and feed into the forward players to shoot in to the empty goal. Players play in the areas shown, with the exception of a neutral zone between the red defence and midfield.

**How to Play**

Red defenders move the ball into a midfield player drops into the neutral zone. If the pass doesn't come straight away the midfield player should rotate out and be replaced. The yellow defenders cannot follow into the neutral zone. Reds should play forward and then support the attack.

**Progressions/Adaptations**

1 player can move up or back to create overloads.  
 If the deep midfield player can't play forward they can "set" a defender to play long into the attackers.  
 Remove all restrictions.  
 Progress to a SSG.



Custom Movement



Pass



Pitch Line 1



Shaded Pitch Area