



Midfield Rotation

Category: Functional: Midfielder
Difficulty: Moderate

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Description

Rotation Drill

3 Teams of 4 + Floater

Outside Players on 2 Touch

Teams must keep 1 player in each area

Team in possession can link with players on outside

If he passes to another area then he MUST leave the area and be replaced

Doesn't have to follow the pass

Progression

Can Dribble into area as well as pass

There can be 1 wall to wall player pass

Coaching Points

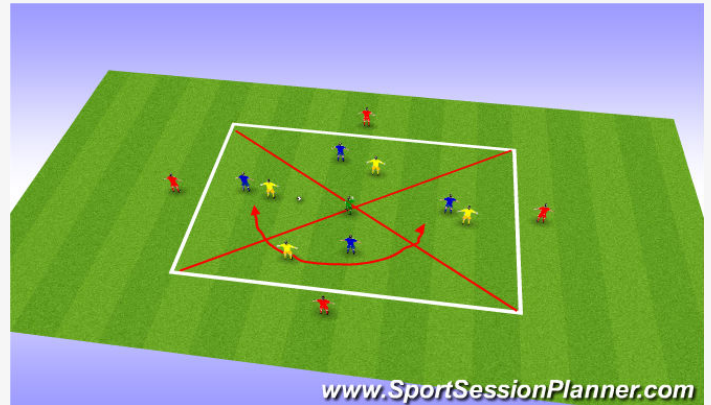
Body Shape in receiving pass

Agility and Speed

Movement to get on the ball

Communication

Game Related - be aware



Rotation GRP

6 v 6

4 v in Central Area

Ball must be played into player in the middle

There can't be 2 players from same team in one area

When ball played into shaded zone 2 midfielders and one defender look to support to play into strikers

Progression

2 Defenders allowed to follow player into shaded area

Coaching Points

Body Shape

Communication

Movement to get on the ball



Rotation Con Game

Conditioned game

6 v 6 & Floater

3 v 3 & Floater in central area

Defender can join to become 4 v 3 in area

2 can join from each team when ball played into striker

Player must go through Shaded Zone

Progression

Remove zonal areas - look for rotation in midfield

3 Touch

One player allowed in at a time - if not one must rotate

Coaching Points

Body Shape

Communication

Movement to get on the ball

