



Passing & Movement (Midfield Rotation)

Category: Technical: Passing & Receiving

Skill: U16

Pro-Club: SportSessionPlanner.com
Tony Mee, Doncaster, United Kingdom

Technical Practice (20 mins)

Organisation

A 40 x 40 square divided as shown with players divided into 4 teams.

How to Play

The team in possession must use the internal and external players to keep possession and move the ball through the 4 zones.

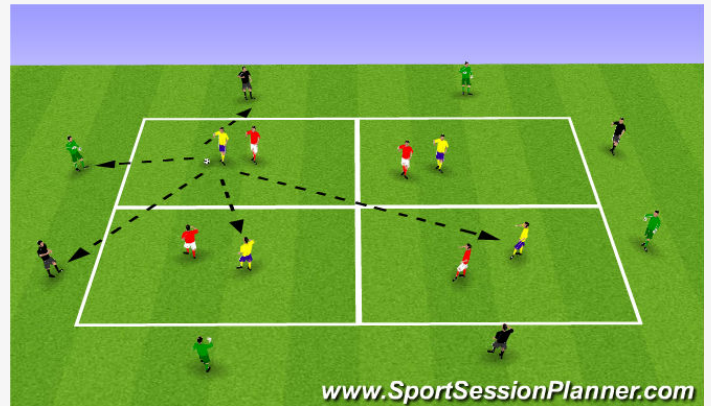
If the ball is passed to an **outside** player, the passer must move to a different zone (and be replaced).

If the pass is made to an **inside** player the passer can stay in his zone.

Constraints

Limit outside players to 2 touch (speed of play).

No outside to outside passing.



Development (20 mins)

Organisation

Pitch is marked as shown between the 18 yard boxes (with flat markers instead of inner lines).

Supply of balls at half way line with a coach.

Each team has a player in the end zone with a ball.

How to Play

Coach feeds a ball into midfield.

Teams compete for the ball and try to **DRIBBLE** the ball into either end zone.

The ball can be passed freely between the red coned areas.

Once the ball is dribbled into the end zone, the end zone player from that team dribbles into play to attack the opposite end zone.



Rotation

This shows an example of possible rotation in midfield.

As Player 1 steps in with or to receive the ball, Player 2 drops in to cover, in case possession is lost.

Player 3 moves to clear the space for Player 1 to exploit.

Player 4 drops in to provide support ahead of the ball.



Development (20 mins)

If players close to the ball are tightly marked, they could look to rotate with players in deeper positions.

Players 1 and 3 rotate towards the centre of the pitch, with Players 2 and 4 making runs toward the ball.

Player 5 recognises the movements and drops in deep to provide cover.



Progression (30 mins)

Progression

The game is now played with a Neutral Player in each end zone, with the objective being to work the ball from one end to the other.

If the ball can't be played forward it can be played back to the neutral player but the first thought should always be to play forward.

