

# Midfield Transfer Reps

**Category:** Midfield Ball Movement

**Difficulty:** Intermediate, Advanced

## Drill of the Week #10

### Midfield Transitions ( 25 mins.)

**Goal:** To train midfielders to find midfielders for transfer and lateral ball movement across the pitch. Changing the point of attack.

**Skill emphasis:** Midfielders changing the point of attack, upfield forward shaping. receive and 2-touch passing

**Drill:**

1. Teams are in a 6v6 set up. The defensive team (Red) puts five players in the shaded midfield area and one marking the upfield forward in the circle. The White team has 3-4 midfielders in the shaded area and midfield Zone and one high forward in the circle and a Center Back behind the shaded area.
2. The four white midfielders must start the ball on the sideline with a self-start and move the ball laterally through the shaded area together before they can pass/track through the red cones - executing a transfer of the ball through the midfield.
3. Once they cross through the red midfield cones, everyone on both teams goes to goal.
4. Midfielders must work the ball through the shaded area first - they cannot go forward or backwards to the Center back until they cross through the middle set of red cones.

**Recommended:**

- Start the drill back another 25 yards to use 3/4 of the entire field and increase the number of forwards in the circle so they can work on their cutting and movement upfield.
- If defenders come up with the ball, they need to either pass to a teammate or track it over the closest 25 or 50 yard line.

