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Technical practise on midfield rotation. Set the area up as shown, 3 players in the 4 box grid, 4 players on the outside, 2 footballs 1 to go up & down the other to go from side to side. Can the 3 players in the middle rotate from box to box without having more than one in any box at one time. Can they combine like the example to get the ball from one side to the other. Once the ball has got to the other end, can the players then get the other ball from left to right. Play for a set time then rotate the middle players.