MIDFIELDERS: ONE & TWO TOUCH TO PLAY ON THE TURN

Scan -> receive side-on -> one or two touches -> play forward

SESSION OVERVIEW

SESSION AIM

Develop midfielders who scan early, receive on the half-turn and use one or two touches to play forward under pressure.

THEME	PRACTICE 1	PRACTICE 2	END GOAL
Play on the Turn	**Receive & Turn**	**4v2 + Midfielder**	**7v7 to Goal**

ACTIVITY 1 | RECEIVE, TURN & PLAY FORWARD

ORGANISATION

Work in groups of three with one ball. Position two outside players 12-15 yards apart and one midfielder in the middle. Add two reference cones so the midfielder must move off the line before receiving.

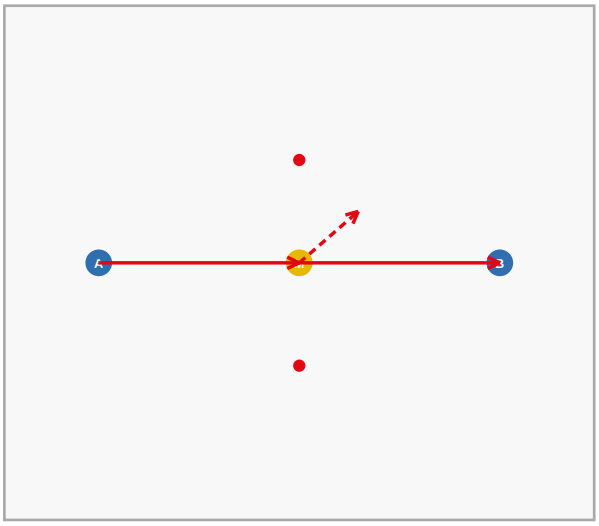
HOW IT WORKS

The midfielder checks away, scans both shoulders and then receives from one outside player in a half-turned position. If the picture is clear, the midfielder plays forward to the opposite player in one or two touches. After passing, move away again and repeat from the other side. Rotate the midfielder every 45-60 seconds.

COACHING POINTS

- Scan before the ball is played and again while it travels.
- Receive side-on so both the passer and next option are visible.
- Use the first touch to take the ball forward, not back into pressure.
- Play one touch when the passing lane is already clear.
- Use two touches when the first touch is needed to escape or improve the angle.

DIAGRAM



Scan early, open the body and play forward in one or two touches.

PROGRESSIONS

1. Outside players show a visual cue before the pass; the midfielder must scan and call it before receiving.
2. Add passive pressure from behind to force sharper decisions on one or two touches.

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ACTIVITY 2 | 4V2 + CENTRAL MIDFIELDER

ORGANISATION

Mark out a 20 x 20-yard area. Place four support players around the outside, one neutral midfielder inside and two defenders in the middle.

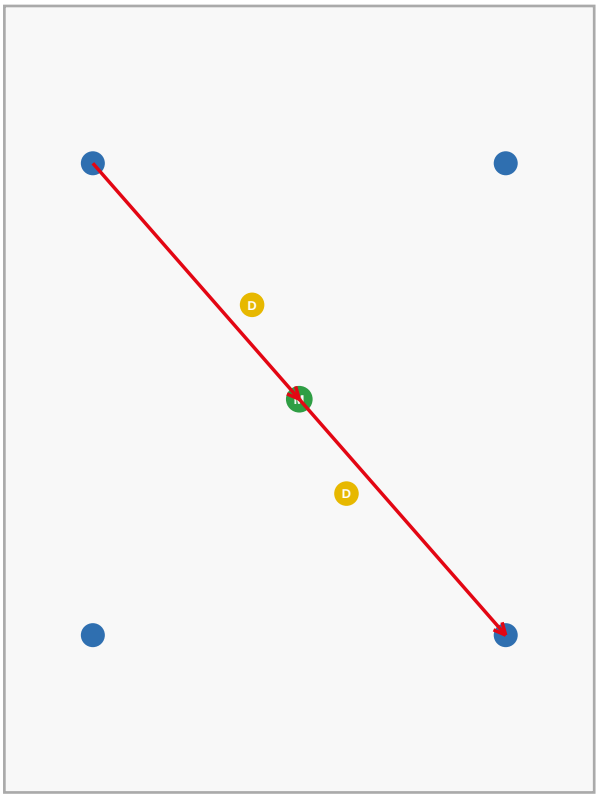
HOW IT WORKS

The outside players keep possession and look to play through the central midfielder. The midfielder should constantly reposition between the defenders, scan before receiving and play forward to a different outside player whenever possible. The midfielder is limited to two touches, with one-touch play encouraged when the next pass is already visible.

COACHING POINTS

- Move off the defenders' line of cover before the pass arrives.
- Check both shoulders before receiving between opponents.
- Use an open body position to see the next pass.
- Recognise when one touch is best and when two touches are safer.
- Move again immediately after releasing the ball.

DIAGRAM



Find the midfielder between defenders, receive on the turn and connect forward.

PROGRESSIONS

1. Make a split pass through the midfielder worth two points.
2. Allow the defenders to mark the midfielder more aggressively and reduce the area slightly.

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ACTIVITY 3 | THREE-ZONE MIDFIELD GAME

ORGANISATION

Use a 30 x 45-yard area divided into three vertical zones. Play 5v5 with one neutral midfielder who can move across all three zones.

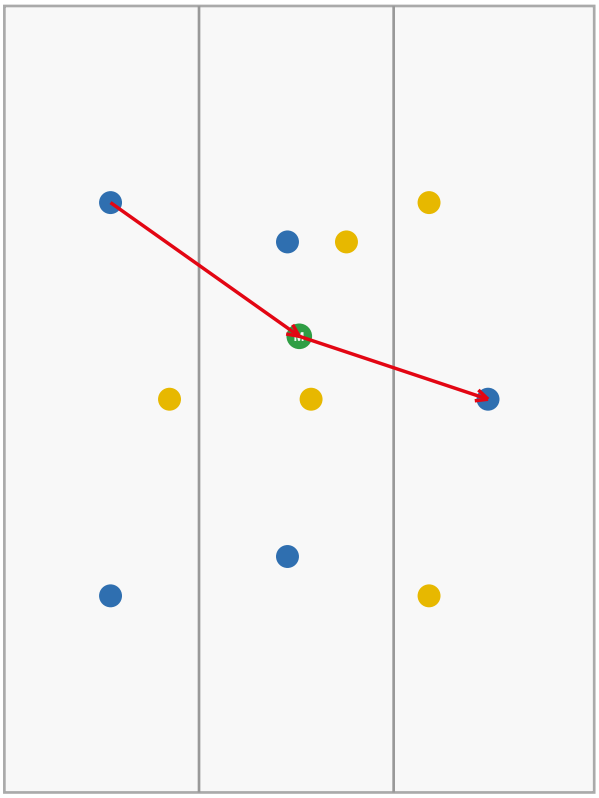
HOW IT WORKS

Teams keep possession and score by progressing the ball from one end zone to the other. Encourage the neutral midfielder and central players to receive between lines, play on the turn and connect forward quickly. The neutral is limited to two touches. Other players may enter the next zone after their pass to support the attack.

COACHING POINTS

- Scan before receiving in central areas.
- Receive on the back foot and face forward whenever possible.
- Use one touch to bounce or set when under pressure.
- Use two touches to turn when space is available.
- Support beyond the ball immediately after a forward pass.

DIAGRAM



Use the central player to receive between lines and connect play forward.

PROGRESSIONS

1. Limit all midfield players to two touches.
2. Award a bonus point for a forward pass played after a half-turn reception.

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FINAL GAME | 7V7 + GOALKEEPERS

ORGANISATION

Play 7v7 plus goalkeepers on an appropriate pitch with no fixed zones.

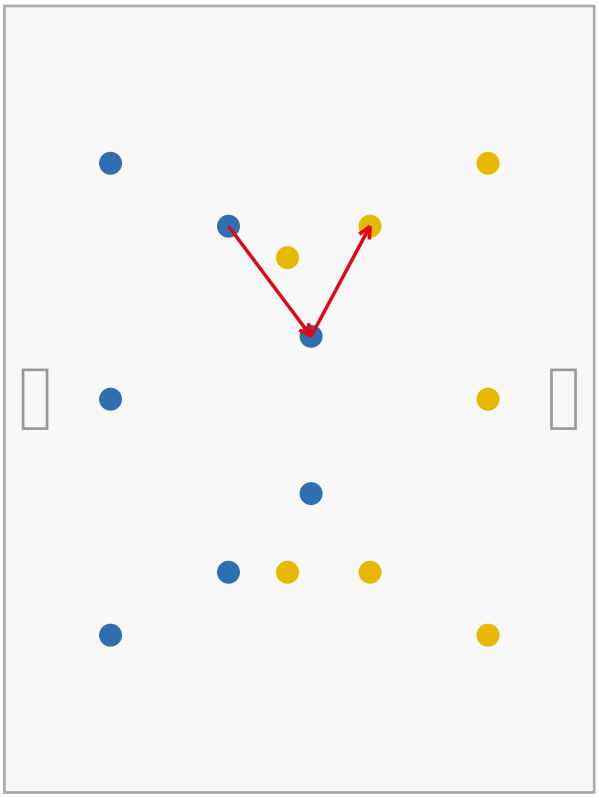
HOW IT WORKS

Play freely and encourage midfielders to transfer the session habits into realistic play. They should scan early, find space between opponents, receive side-on and decide whether the next action should be one touch, two touches or a turn forward. Avoid forcing play when pressure is tight.

COACHING POINTS

- Check shoulders before every central reception.
- Open the body and receive on the back foot.
- Play forward quickly when the picture is clear.
- Use one touch to connect and two touches to turn when needed.
- Move after the pass to create the next midfield option.

DIAGRAM



Final game to transfer scanning, turning and quick midfield combination play.

PROGRESSIONS

1. Award a bonus for goals created after a midfielder receives on the turn and plays forward.
2. Finish unrestricted and observe whether the one- and two-touch decisions remain.