



Box-to-Box Technique

Duration: 60 min | **Focus:** Technical training for box-to-box midfielders | **Level:** Medium

Key Focus Area

Improve passing and ball control

Training Plan

Dribble-Pass Combo

Duration: approx. 10–15 min

Dribble 10 meters, pass to a wall or player, receive and turn. Repeat with both feet.

Tight Space Rondo

Duration: approx. 10–15 min

3v1 or 4v2 setup. Focus on quick touches and vision under pressure.

Switch Play Drill

Duration: approx. 10–15 min

Receive on one side of the pitch and pass long to the opposite side. Work on scanning and switching.

Box Movement Passing

Duration: approx. 10–15 min

Move between cones in a box while passing and receiving. Focus on control and body shape.

One-Touch Build-Up

Duration: approx. 10–15 min

Play series of one-touch passes leading to a final shot or switch. Focus on clean technique and decision making.

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