Adverbs and adverbial phrases of time change as follows:

Direct	Indirect	8 8 .	
today	that day		
yesterday	the day before	c	
the day before yesterday	two days before	100	
tomorrow	the next day/the following day		
the day after tomorrow	in two days' time		
next week/year etc.	the following week/year etc.		
last week/year etc.	the previous week/year etc.		
a year etc. ago	a year before/the previous year	83	

'I saw her the day before yesterday,' he said =
He said he'd seen her two days before.
'I'll do it tomorrow,' he promised =
He promised that he would do it the next day.
'I'm starting the day after tomorrow, mother,' he said =
He told his mother that he was starting in two days' time.
She said, 'My father died a year ago' =
She said that her father had died a year before/the previous year.