

Description

Switching the ball and the point of the attack

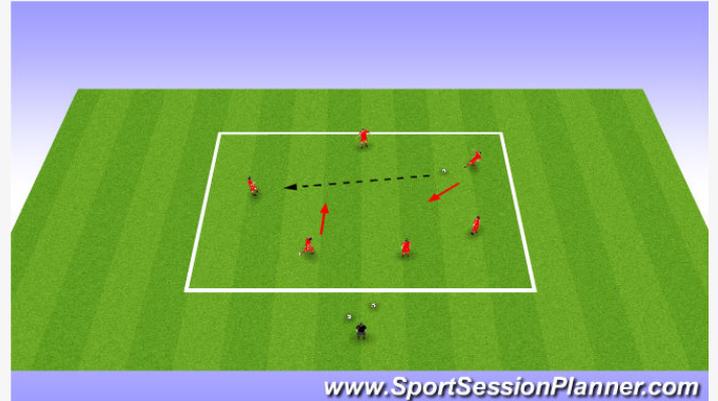
Warm Up

Organization

Create a 15 by 20 yard area

Players pass and move the ball using techniques (inside of the foot, Outside etc.)

Players must receive the ball with an open touch off of the back foot to change the direction of play



Switching Play Passing Pattern

Organization

Set up 4 cones to play around

Player 1 plays player 2 and follows their pass

Player 2 opens up with a touch off the back foot in the direction of player 3

Player 3 plays player 4 who in turn plays player 1

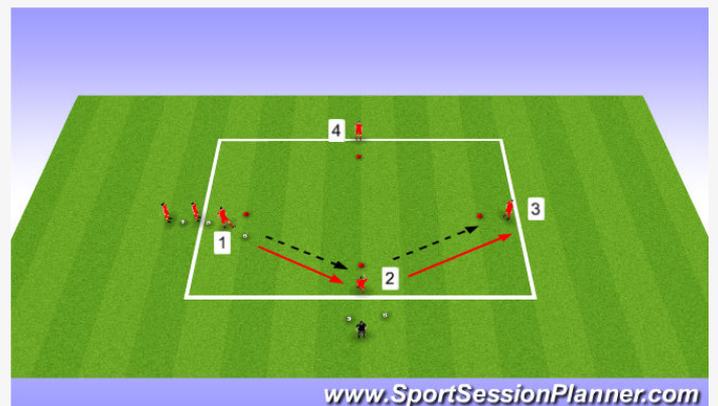
Player 4 dribbles in to the start cone to start the pattern again

Ask players to drop away from the cone or defender intelligently to create space and an opportunity to both receive and play a pass to switch play

Progression

- Add in give and goes at the cones

- Final pass to player 4 can be into a space not feet to complete an attacking transition



Switching Play Possession

Organization

2 teams play across a 20 x 20 yard square but not in the same direction (East/West North/South)

A team scores by successfully playing the ball through the square to the support player on the other side

If the other team wins the ball then they play across in the opposite direction

Ask players to drop away from the defenders intelligently to create space and an opportunity to both receive and play a pass to switch play

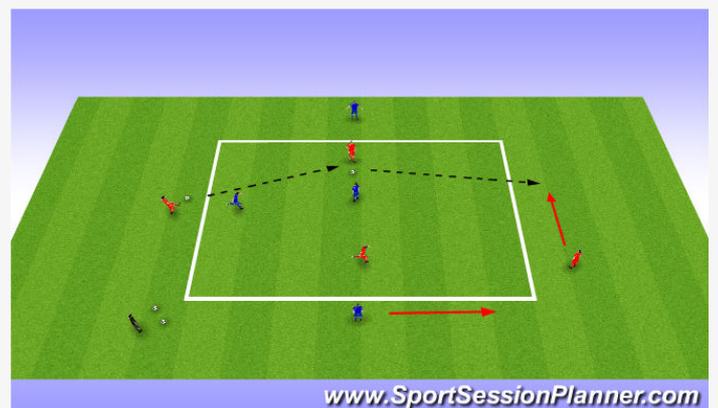
Encourage players on the outside to keep moving to create support angles in relation to the player with the ball

Progression

- Players switch with the outside once they have played a pass

- Introduce give and goes

- Introduce inventive passing patterns and conditions



Small Sided Game

Organization

5 v 5 or 6 v 6

Ask players to identify and switch play when they cannot go forward

