



Week 12 - Switching Play

Category: Tactical: Switching play

Difficulty: Moderate

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Switching Play in 3's

Set up

In 3's look at **switching play** and position of wide players off the ball.

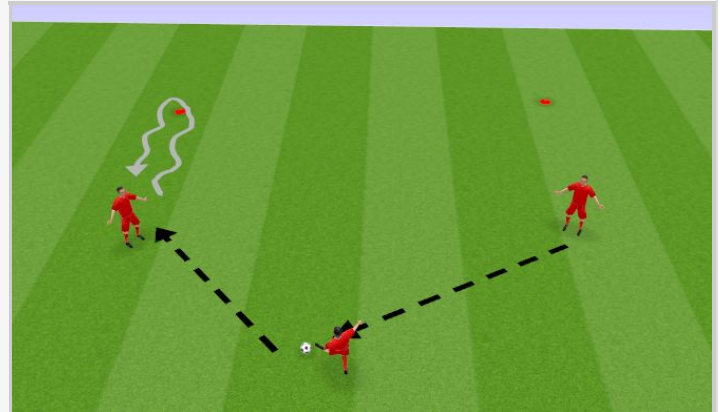
Wide-player receives and then take forward, turn and the players drop and open their body up looking to receive again.

Work both sides.

Key factors

Wide players get ready to push forward.

Man in the middle has to open up body and keep shifting across.



Directional Possession

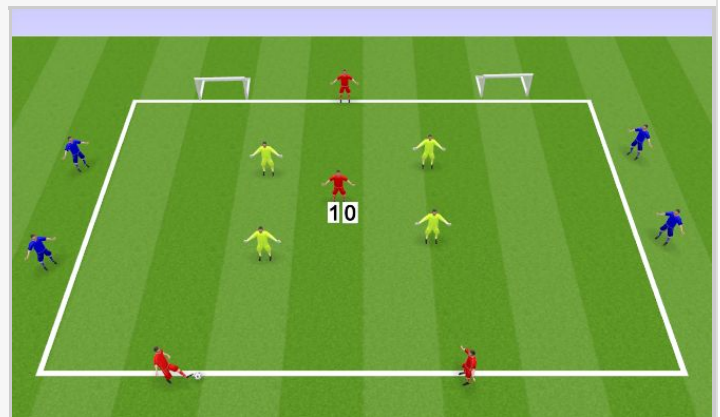
Directional possession

Work on playing into the number 10 but also switching around the back.

3 touch max.

Rotate the three teams.

The blues can not come into the grid. Only reds can score.



SSG-Switching Play

Switching the point of Attack

Play four goal game

4 v 4 + 2 Floaters. 1 touch finish, 3 touch max.

Key Factors

Body position to open out

Move across as a unit and create space

Make the pitch bigger.

