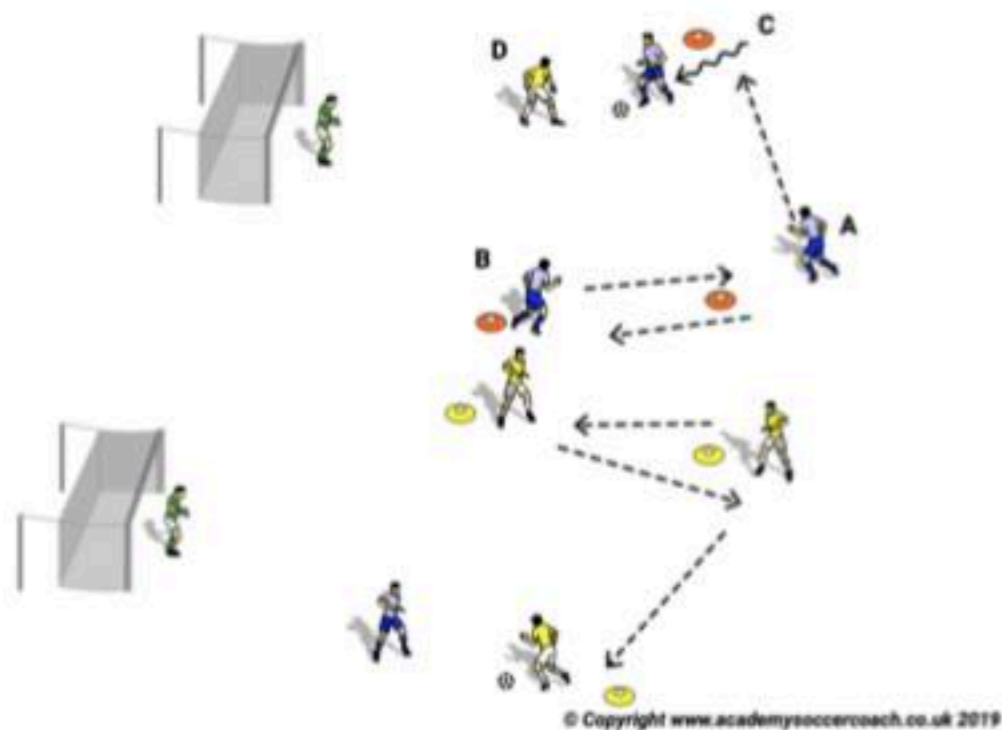


Switching Play



Technical – 14 players plus two GK's. Two stations.

1. Player A passes to player B. Player B passes back to A, who passes to C. Player C plays a 1v1 against player D.
2. Player A moves to B, B to C...

Variations: Switch the groups so they work the opposite side.

Coaching points: Body shape, accurate pass, first touch and 1v1



Two stations. 3v2 rondo with a forward on the red cone and a defender on a yellow cone. A small goal is positioned behind the grey forward. A GK is in the big goal.

1. 3v2 rondo is played. After 3 or more passes or a split pass, the player can pass to the forward.
2. A 1v1 is played to the large goal.
3. If the red defender wins the ball, they try to score on the small goal.
4. After the 1v1, players rotate.

Coaching points:

Body shape, first touch, skills, 1v1.



Two teams play 6v6 plus two neutral. Three zones are marked on the field.

1. The defending team must stay in two connecting zones.
2. The team in possession has a player in the weak side zone.
3. When the ball is switched, the wide player plays a 1v1 with the closest defender. Play stops until the 1v1 is finished.
4. If the defending yellow team win the ball before it reaches the far zone, the greys now have to defend in two connecting zones. Can the yellow team switch and find the lone yellow player?

Coaching points:

Decision making, body shape, field awareness, ball control, speed of pass, 1v1