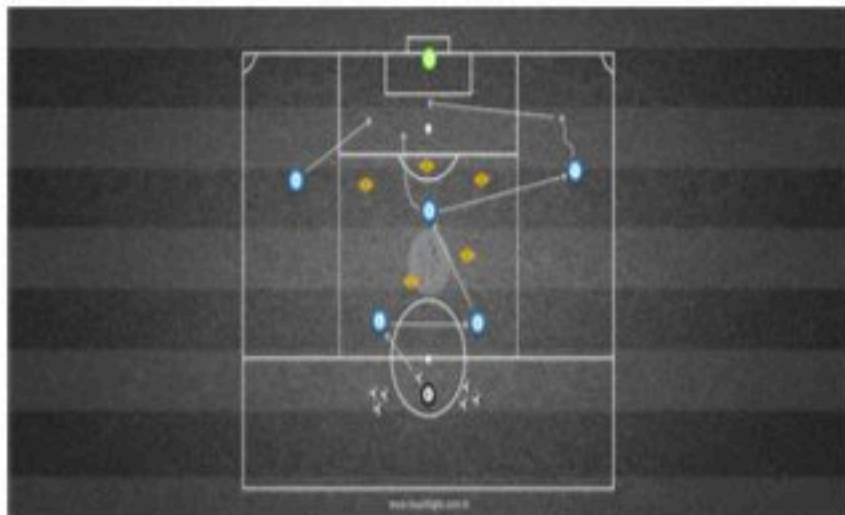
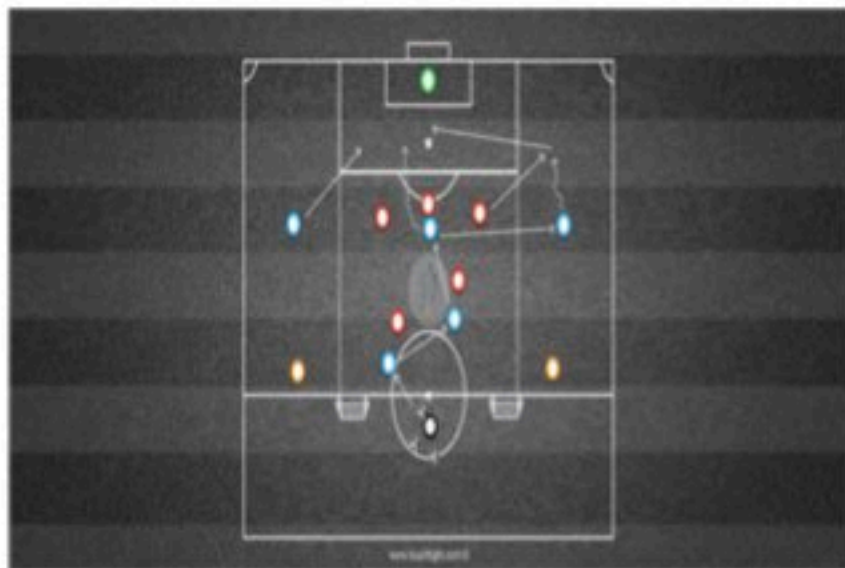


## Combining Centrally/Switching Play

1



2



### Session Set-Up

Half of pitch	Supply of footballs	5 mannequins 1 Big goal 2 Small goals	Bibs 5 red 5 blue 2 orange 1 green
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### Session Detail

**1TP;** pattern to combine and switch then cross effectively. 2 CM players combine then pass into ST. ST then lays the ball off to W to dribble then cross. Opposite W and ST arrive in the box to score past the GK.

**2SD;** same as before remove the mannequins and live play. The orange players (Floaters) act as attackers in the build up and defending to counter attack phase. If reds regain the ball they can pass into the orange floating players (on 2-touch only) to help the reds score in the 2 smaller goals.

### Competition Motivation

6 seconds to score in practice 1

### Individual Challenge

Ws try to beat your defender 1v1 and cross the ball into box

### Unit/Team Challenge

CMs try to support and switch effectively

Try to take on players 1v1 and look for options to cross i.e pull-back, driven

### Key Questions

Have I created space so I can beat my defender?

### Progressions

Add live players from practice 1  
Play a SSG with floaters as crossers

### 4 Corners | Coaching Points

1. Create space
2. Support behind the ball to switch

1. Decision when the switch can be played - what determines this?
2. Confidence in 1v1 situations

1. Speed of the switch
2. Speed of support to player on ball

1. Communication
2. Concentrate look for spaces/gaps to combine and switch play