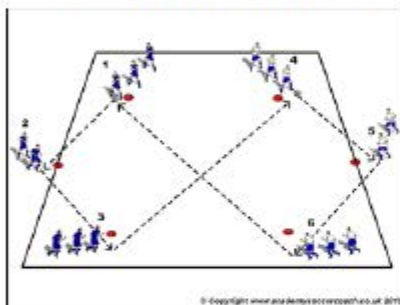


AGE:	THEME:	FORMAT:	DATE:
Adult	Exploiting space with switching play	T → F → 11v11	7-3-17

4 Corners:	Key Questions:	Differentiation:	Buzz Words:
Attacking – exploiting space – switch of play	1. Can I exploit space with my first touch?	S – step	PASS SPACE
Decision making – risk and retain ball	2. Is there opportunity for the switch?	T – task	
Communication for the switch	3. After the switch what do we need to do next?	E – equipment	EXPLOIT SWITCH
Speed & tempo of switching play to exploit	4. The ball is in final third what happens next?	P – players	

Practice 1: Activation activity - SoP	Practice 2: Functional switch of play	Practice 3: Functional PART switch of play	Practice 4: Functional switch of play
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Organisation:	Organisation:	Organisation:	Organisation:
Getting players active with the passing switch of play. Player 1 passes to player 2, player 2 passes to player 3 who passes to player 4 for the long switch of play. Practice is continuous.	8v8 Blues v Reds. Blues try to switch play through the vertical thirds. Ball must pass through 2 zones first before scoring. If reds win the ball they look to score into the 2 smaller goals within 8 seconds.	8v8 Blues v Reds. Pitch split up into thirds centrally. Blue players looking to try to build in central areas then switch the ball out of crowded areas to score. Ball must pass through 2 zones centrally. If reds regain the ball they have 8 seconds to score into the 2 smaller goals.	8v8 Blues v Reds. Blues try to switch play through the vertical thirds. Ball must pass through 2 zones first before scoring. If reds win the ball they look to score into the 2 smaller goals within 8 seconds.

Key Coaching Points:	1. DELAY Stop ball progressing forwards	2. DENY Minimise space/gaps of penetrative ball	3. DEFLECT Show attacker away from goal or into other defender	4. DEFEND Defend ball and transition from defending into attack
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