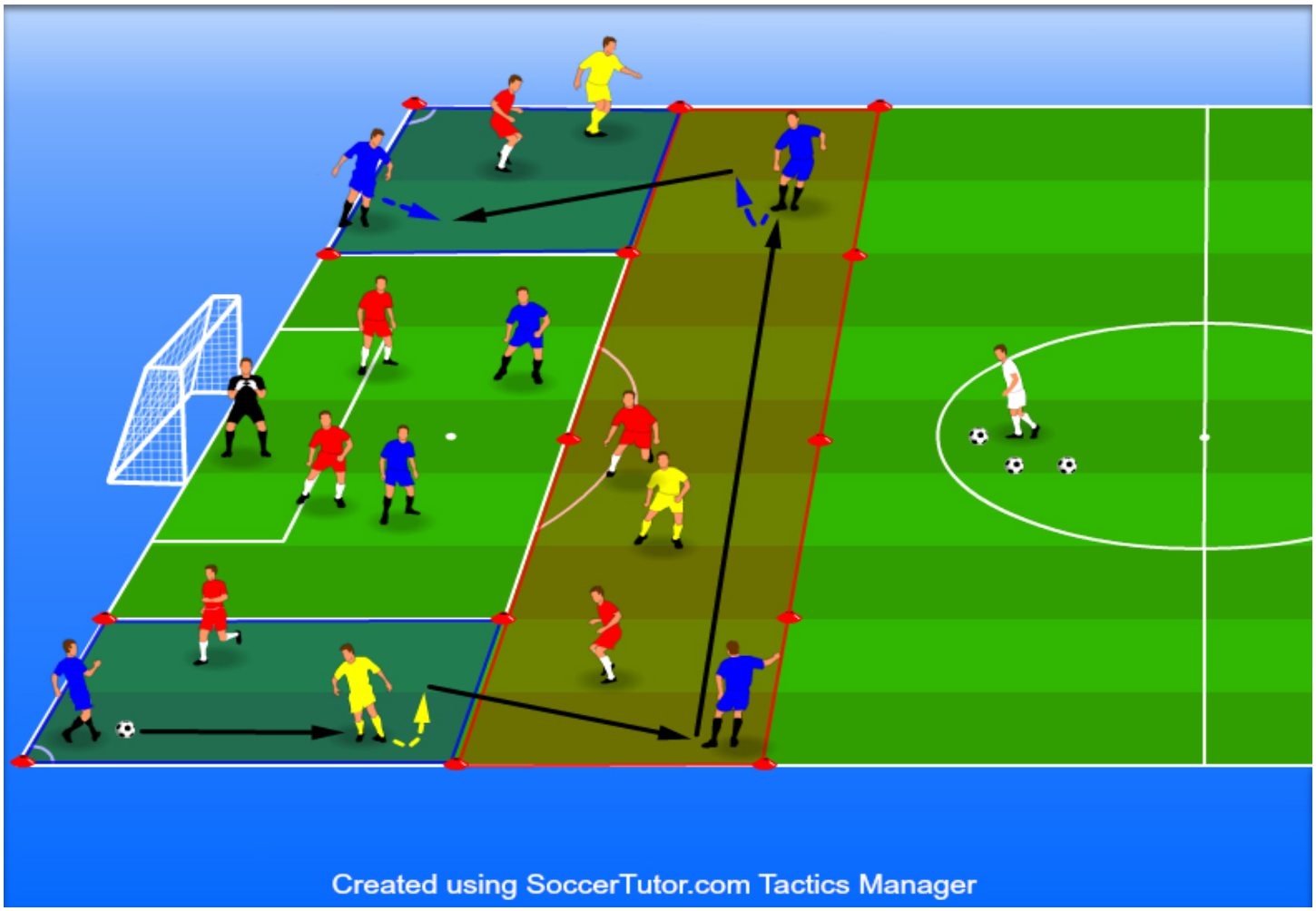
Change and Finish | Large Sided | Switching the Attack



Procedure:

During the session, the players start 1 v 1 plus one in the two flank zones, 2 v 2 inside of the penalty area, and 2 v 2 plus one in the large midfield zone. Players may not leave their zones during play. To score, the attacking team must first switch the ball from one flank zone to the other. Only then can the attackers pass to teammates inside of the penalty area OR back into the midfield zone for shots on goal. When the defending team wins the ball, they must make the same switch of the field before shooting. Balls put out of play are restarted by the Feeder. When the goalkeeper comes up with possession, he re-starts play with a throw out into a flank zone.

Coaching Points:

1 Expanding the space – Attackers should use the entire width and depth of each zone.

2 Changing the field – Open up with the first touch in order to see all of the passing options.

3 Decision making - Look for passing options BEFORE you receive. Anticipate the next play.

Progressions/Regressions:

Progression 1 – After the switch, attackers can dribble into the penalty area, creating a 3 v 2.