

Topic: **Switching Play**

Objective: **Work on moving the ball from one side of the field to the other, away from crowded areas to find space to attack.**

### Session Part: Technical Warm-up



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### Organization

Time: 15

Area: 20x40  
 Numbers: 16

Pair passing - start with passing the ball to partner 20yards away aiming to keep the ball between a set of cones 5 yards apart.  
 Join with another group of 4 to work on switching the ball from a lay off. Take it in turns to play the ball to the opposite side to furthest away player who plays a 1-2 with partner to switch it back.  
 Pairs switch roles each time to be the one hitting the lay ball and the one laying it off.

### Progressions

Increase the distance gradually.  
 Work on different passes - lofted, driven

### Coaching Points

Weight and direction of pass important.  
 Surface area of foot depending on choice of pass type.  
 Work a little triangle with partner before returning the ball to the other side.

### Session Part: Small sided game



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### Organization

Time: 20

Area: 30x20  
 Numbers: 12

3 teams of 4 Play 4 v 2 in one end zone, with 2 more defenders in the central 'no play zone', and the other team of 4 in the opposite end zone. The 2 defenders in the 'no play zone' are not active until the ball is switched to the other side. Team of 4 aim to complete 5 passes before attempting to switch the ball to the other side where that team of 4 will play 4v2 in their area against the other 2 defenders who were in the no play zone. The 4 who lose the ball switch with the current defenders.

### Progressions

Increase distance between boxes meaning the players need to hit a longer ball to switch.  
 Have players in the no play zone active allowing them to intercept the switched ball.  
 Play in specific areas (midfield, defense, attack)

### Coaching Points

Quick passes and movement to be available to complete the 5 passes.  
 Set up for the switch pass - no how many passes you and get into position to play to the other side.

### Session Part: Extended small sided game



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### Organization

Time: 25

Area: 18 to 18  
 Numbers: 14

7v7, 2 goal game.  
 18 to 18 yard line with formation of 3-3-2.  
 Aim to try to draw the other team into a tight area, using quick passes or some depth in our play to create an opportunity to switch the ball to the other side to try score in the opposite goal.  
 Keep width, look for the diagonal ball.

### Progressions

3 touch play.  
 Introduce bigger, central goal with goal keepers.

### Coaching Points

Attack one goal, draw the defenders in and then switch to the other side quickly.  
 Can we work a lay of and play a long diagonal ball?

### Session Part: Game



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### Organization

Time: 30

Area: Full Field  
 Numbers: 11v11

3-5-2 vs 4-3-3  
 Can the 3-5-2 use their wing backs effectively to switch fields against a fairly narrow 4-3-3 formation

### Progressions

Points for switching the ball from one winger to the other.

### Coaching Points

Keep wing backs wide, to give option of switching the ball.  
 Quick passes to disorganize defense.  
 Control and get your head up, look for switching opportunities.