

Topic: Switch the point of attack

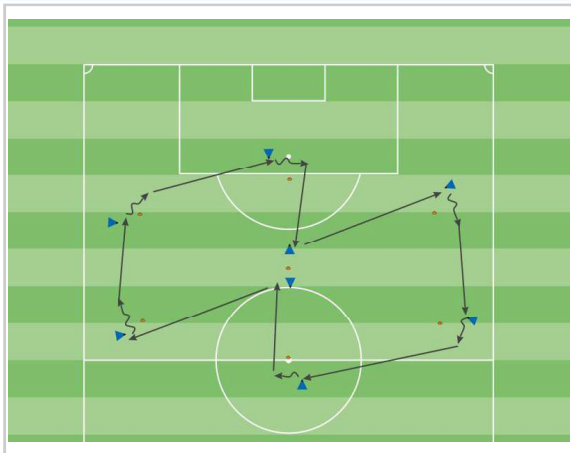
Objective: To bring pressure to one side, creating a numbers advantage on the opposite side and playing to that side

Player Actions: Dribble, Receive, Pass



Initial Play Phase - Play as the players arrive

In a 20x30 area, play 1v1, 2v1, 2v2 - up to 3v3 or 4v4 depending on numbers. Set up area prior to player arrival



Objective: To introduce simple passing patterns

Organization:

Setup as shown - Play outside of cones, not in front. Start with 2 touch, probably stay there today.

Start with one ball - Go to two on opposite sides

Rotate upon passing in the order of the arrows shown to the right

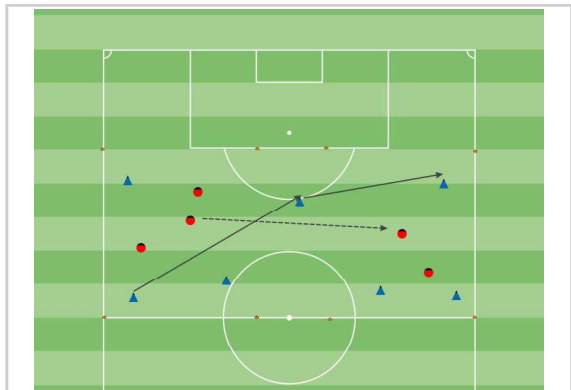
You can add additional patterns if desired. Play from RB to CB to CM back to CB and then to LB and on the other side skip CM. Just one option. Can add others if desired.

Coaching Points/Guided Questions

Quality of pass!!!

How to receive around the cone with first touch going where we want to go next

Can we play quickly? Super important when switching the point of attack



Objective: To possess the ball to bring defenders, then switch through the middle

Organization:

Three zones as shown. Central player stays in central zone. Tighten space as needed

3v2 in each side - a defender can switch upon the ball leaving the zone

Point scored if we can play through the CM to the other side WHEN it is 3v3 on the side OR 6 passes

If it is 3v2 when we play through the middle, no points scored

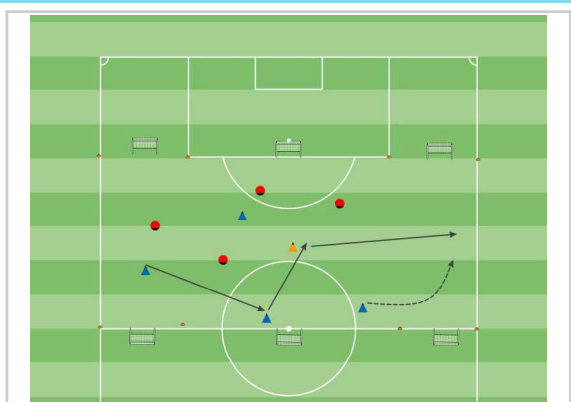
Give rest for both teams - active and large field, especially for defending team

Coaching Points/Guided Questions

Can we possess to bring the other player over - can use central player to possess until defender comes in?

Pace of play to switch the ball - the quicker we switch it, the more likely we can get 6 passes on other side

Rhythm - small short passes on one side, then longer and harder to switch



Objective: Switch the point of attack to create space and score goals

Organization:

Between 18 and half-line

4v4 + 1 neutral - Add numbers if space is too large (probably 6v6 + 1 at u13 and up)

Outside goals worth more? Up to you. The flank play debate (do we switch to go wide or do we switch to open up central to score there?... in this type of activity). Do we create width for them by adding outside goals?

Coaching Points/Guided Questions

Play quickly when we have pressure on one side - First option is always to go forward with first touch if we can

Play the way you face - Especially CM - Does not have to turn, can play back in order to go wide

Create pressure then go away from it, if we can't go forward. Again, small-short passes to keep possession then go the other way.

Final Play Phase - Scrimmage in a larger setting to bring out the topic.

Play 6v6 - 7v7 (U10) or 7v7-9v9 (U11 and up) - with this session, it would be best to play with wide options in both the back and midfield or forward line. Playing 7v7, a 1-3-3-1 or a 1-3-1-3 would work well within this session.

How did the players do in achieving the goals?

What are three things you did well?

What are three things to work on for next



4v4  7v7  9v9  11v11

Moment: When we have the ball

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