

Topic: Switch the point of attack II

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 switch the ball from one side to the other

Organization:

Setup as shown - three teams of 3 or 4 - two teams in the middle one as neutrals
Outside players are neutral - keep to minimum touches
Score point by going from one side to the other
Add neutrals to make it easier - 3v3 +2 as an option

Coaching Points/Guided Questions

Quality of pass!!!

Can we play and receive with the correct foot?

If pressure doesn't allow us to turn, play the way we face - we don't have to score if it isn't on

Can we support once we have played to the other side

Objective: Switch the point of attack to create space and numbers up on one side

Organization:

Between 18 and half-line with a flank

3v3 or 4v4 + 1 neutral - Keep neutrals to minimum touches and rotate through teams

Score in counter goals

Rotate every 2-3 minutes, quickly - this gives a work of 4-6 minutes to a rest of 2-3 minutes.

Coaching Points/Guided Questions

Can we go to goal? First option always

Do we have numbers up where we are? If not, where can we go? How can we get there?

Quality of passing and receiving is important

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

Organization:

7-10 yards over half way to goal - 3-2-3 vs 1-3-2-1

Balls played in from the 4/5 - is a part of the game, can come on field

Offside and build out line should be enforced

Coaching Points/Guided Questions

Continue high expectation of pass and receiving quality

What happens if we invite pressure to one side? What does the other side look like?

Once we switch it, if we do it quickly, what must we do? Go forward quickly.

The common question should be, do we have a numbers advantage? If we don't, where should we go and how.

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 1-2-3-1 or a 1-3-1-2 would work well within this session. If we can play 9v9, go with a 1-3-2-3 preferably.

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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