



Switching the Point of Attack #1

Category: Tactical: Switching play
Difficulty: Moderate

Continental Football Club, Coatesville, United States of America
Individual-Adult Member

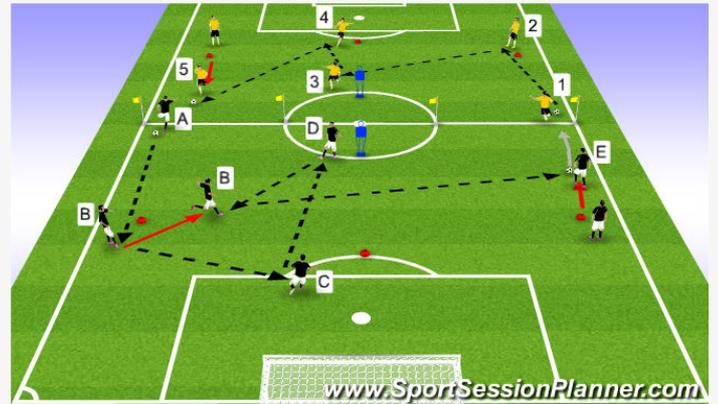
Switching the point of attack Technical

Set up - As shown, activity can be made a little more narrow depending on the age group you are working with

Instruction - Player 1 passes to player 2, player 2 passes to player 3, player 3 lays ball off for player 4 to hit driven ball to player 5 in stride. Players follow pass and activity repeats.

Progression: Player A passes to player B, player B passes to player C, player C passes to player D, player D lays ball off to player B, player B hits long diagonal ball in the air to player E who takes positive touch and dribbles at speed to half-way line

Coaching Points - Accuracy & weight of pass, varies types of pass (driven, lofted etc...) quality of lay-off/touch, consistent communication/information,



crossing and finishing

Set Up

As shown

Instruction

Ball starts at the half way line

- Half way player plays the ball wide.
- Wide player lays the ball back to middle player
- Middle player then pushes a through ball for the wide player to cross.
- Middle player and striker go to goal.
- half way player picks up the second balls

Progressions

- 1) cross to be played upon the floor.
- 2) cross to be cut back?
- 3) flighted cross.

Coaching points

- 1) bouncing off
- 2) weight of cross
- 3) type of run
- 4) type of finish.



End game with side players

Set Up - As shown, approx 40 x 35

Organization - Split players into three teams of 4, two teams on and one team off on the sides as bumper players who play for which ever team has possession of the ball. Players have 3 touches to begin with (bumper players on outside always have 1 or 2 touch depending on age/level of players), if a team concedes a goal they are down to two touch, if they concede another goal they are down to one touch, if they concede a third goal they are down and switch placed with bumper players. Keep track of each teams wins to make competitive

Coaching Points - Limit stoppages, coach within the flow of the game and encourage high intensity.

