



U13/14 Week 6 Switching the Play

Category: Tactical: Switching play
Difficulty: Moderate

Craig Higginbotham, Barrington, United States of America
Individual-Adult Member

Pair Passing

Pair Passing- start with passing the ball to partner 20 yards away aiming to keep the ball within the 5 yard channel.

Join with another group to make a four, to work on switching the ball from a lay off. Take it in turns to play the ball to the opposite side furthest away player who plays a 1-2 with the partner to switch it back.

Pairs switch roles each time to be the one hitting the long ball.

Coaching Points:

Weight and direction of pass important.

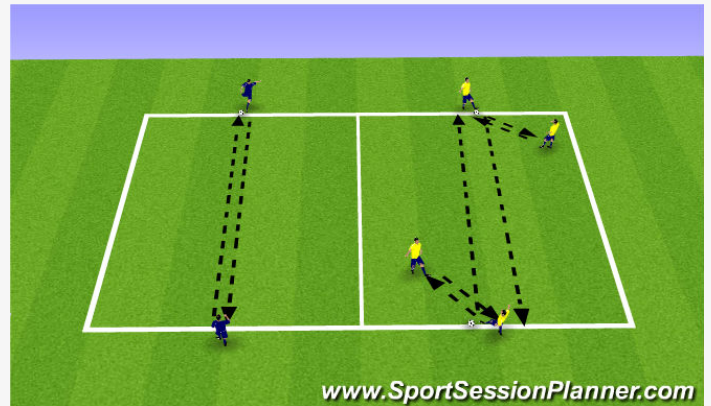
Surface area of foot depending on choice of pass type.

Work a little triangle with partner before returning the ball to the otherside.

Progression:

increase the distance gradually.

Work on different passes- lofted driven.



4v4v4

3 Teams of 4 play 4v2 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. The 4 who lose possession become the defenders.

Coaching Points:

Quick passes and movement to be available to complete the 5 passes.

Set up for the switch pass-know how many passes you have and get into position to play the switch.

Progression:

Increase distance between the boxes.

Have players in the "no play zone" active allowing them to intercept the switched ball.



4 goal game

6v6 4 goal game

Aim to draw the other team into a tight space, then using quick passes and depth to switch the ball and create a goal scoring opportunity.

Coaching Points:

Keep width and look for the diagonal pass.

Attack one goal, draw the opposition in and then switch the play.

Can we work a lay off and long diagonal ball.

Progression

3 touch play.



Scrimmage

Two equal teams play a scrimmage.

Coaching Points:

Keep wide players wide to allow for the switch.

Quick passes to disorganize the opposition.

Control and get your head up, look for switching opportunities.

Progression:

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

