

Switching Play Drill - Stage 1 of 6



Date: 11 Nov 2008 **Measurement:** 20 x 20 yds

Time: - Players: 6 players in each group

Duration: - Level/Age Group: 11+ years

Description: R3 must pass through the gate to B1 who must check to create space

before receiving the ball.

Objective: Develop switching play, body shape and creating space.

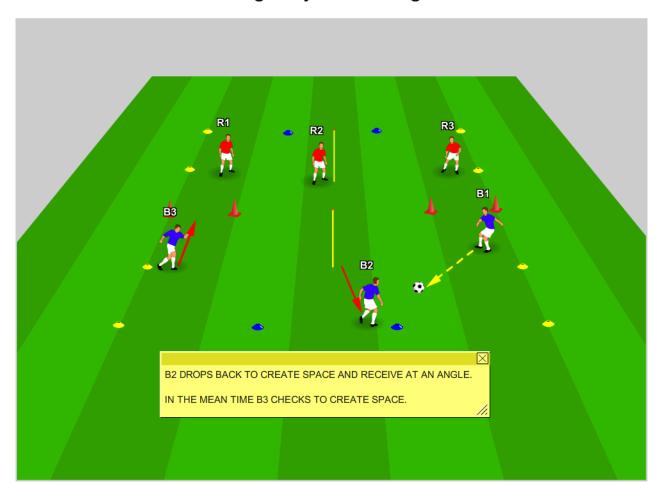
Coaching Points: 1. B1 should check to create space before receiving the pass

Progression:

Notes:



Switching Play Drill - Stage 2 of 6



Date: 11 Nov 2008 Measurement: 20 x 20 yds

Time: - Players: 6 players in each group

Duration: - Level/Age Group: 11+ years

Description: B2 Drops back to create space before B1 receives it and passes to B2.

In the mean time B3 checks to create space.

Objective: Develop switching play, body shape and creating space.

Coaching Points: 2. B1 drops back to create space. B1 checks to create space

Progression:

Notes:



Switching Play Drill - Stage 3 of 6



Date: 11 Nov 2008 Measurement: 20 x 20 yds

Time: - Players: 6 players in each group

Duration: - Level/Age Group: 11+ years

Description: B3 checks back to receive the ball on half turn. In the mean time R1

checks to create space.

Objective: Develop switching play, body shape and creating space.

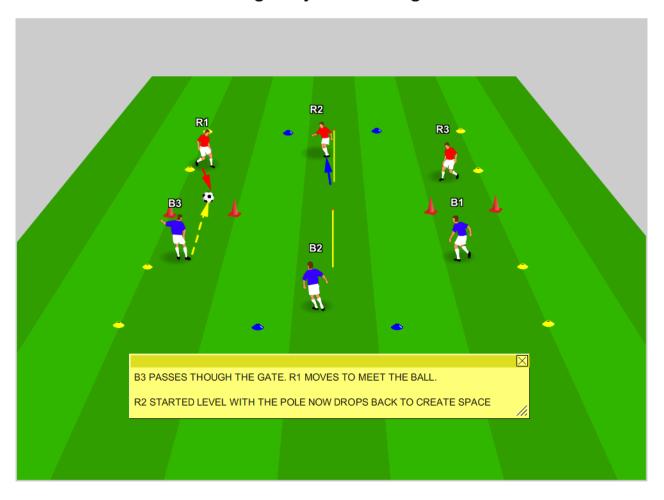
Coaching Points: 3. B3 must receive the ball on half-turn with back foot (left foot).

Progression:

Notes:



Switching Play Drill - Stage 4 of 6



Date: 11 Nov 2008 Measurement: 20 x 20 yds

Time: - Players: 6 players in each group

Duration: - Level/Age Group: 11+ years

Description: B3 passes through the gate. R2 stated level with the pole must now

drop back to create space.

Objective: Develop switching play, body shape and creating space.

Coaching Points: 4. R1 meet the ball. R2 drops back to create space.

Progression:

Notes:



Switching Play Drill - Stage 5 of 6



Date: 11 Nov 2008 Measurement: 20 x 20 yds

Time: - Players: 6 players in each group

Duration: - Level/Age Group: 11+ years

Description: R2 Drops back at angle to create space and ready to receive ball with

open body shape. R3 checks to create space before receiving the ball.

Objective: Develop switching play, body shape and creating space.

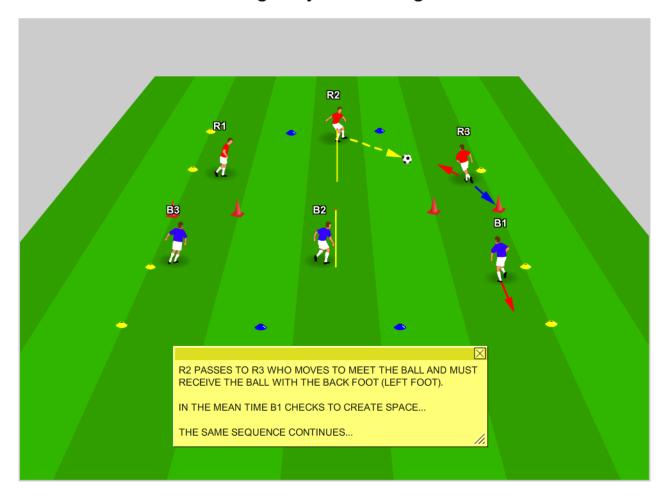
Coaching Points: 5. R2 open body shape when receiving ball with the LEFT FOOT!

Progression:

Notes:



Switching Play Drill - Stage 6 of 6



Date: 11 Nov 2008 Measurement: 20 x 20 yds

Time: - Players: 6 players in each group

Duration: - Level/Age Group: 11+ years

Description: R2 passess to R3 who moves to meet the ball. In the mean time B1

must check to create space. The same sequence continues...

Objective: Develop switching play, body shape and creating space.

Coaching Points: 6. R3 must meet the ball and receive with back foot (left foot).

Progression: 1. Coach calls switch, players need to switch the opposite way.

Notes: