

How to Analyse any Tactical Game Situation and Practice it by Creating a Training Session. Tactical Example below:

SWITCHING FROM THE WEAK SIDE TO THE STRONG SIDE

On diagram 71.8, Puyol passes to Iniesta who is under pressure from two opponents.



Iniesta has three options:

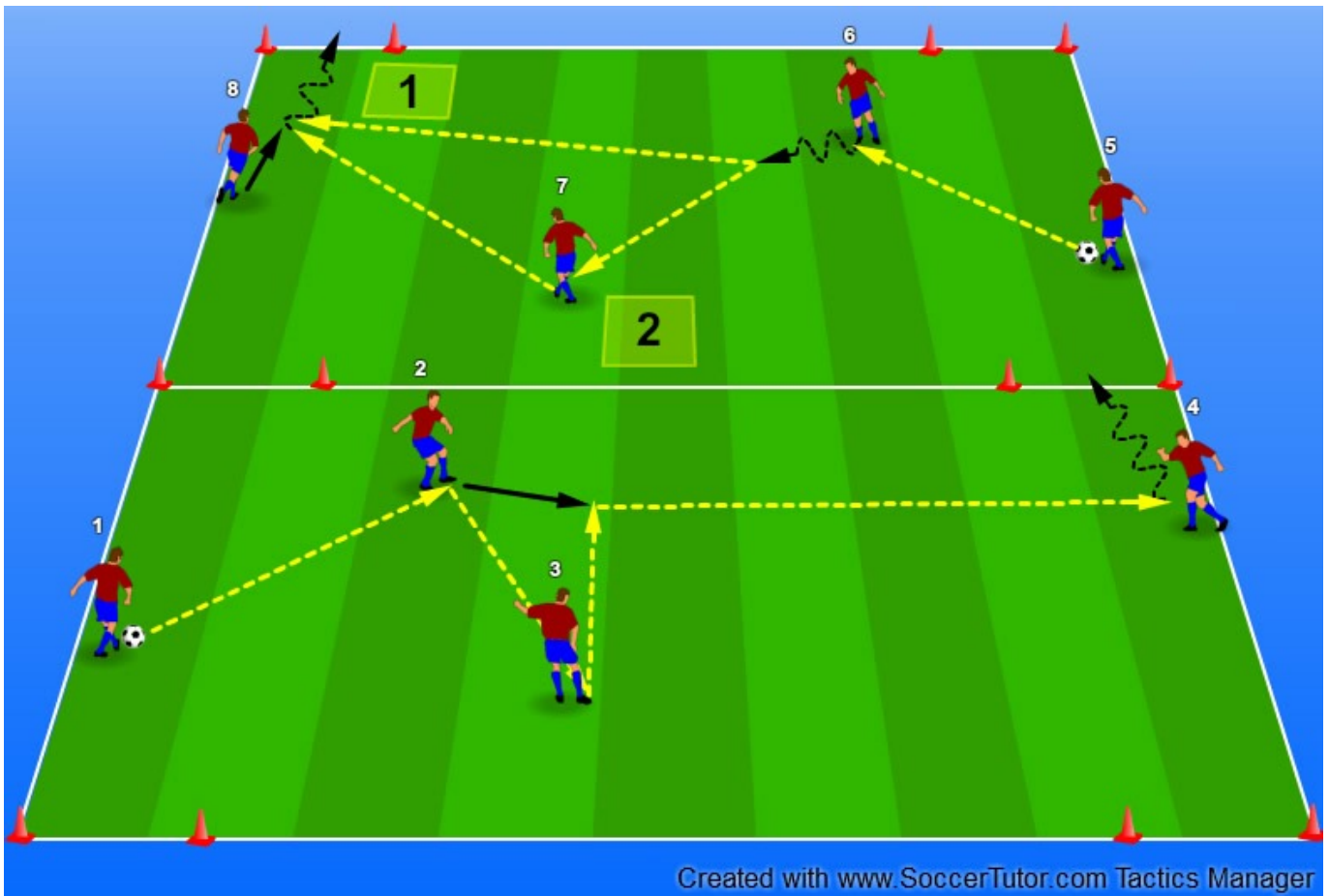
- (1) Pass directly to Busquets.
- (2) Receive, move and pass to Xavi.
- (3) A long pass to Alves.



ASSESSMENT

The last option leads to numerical superiority on the right flank in favour of Barcelona as Xavi will also shift over creating a 3v2 situation....

SWITCHING PLAY UNOPPOSED IN GROUPS OF FOUR



Objective

To develop switching play

Description

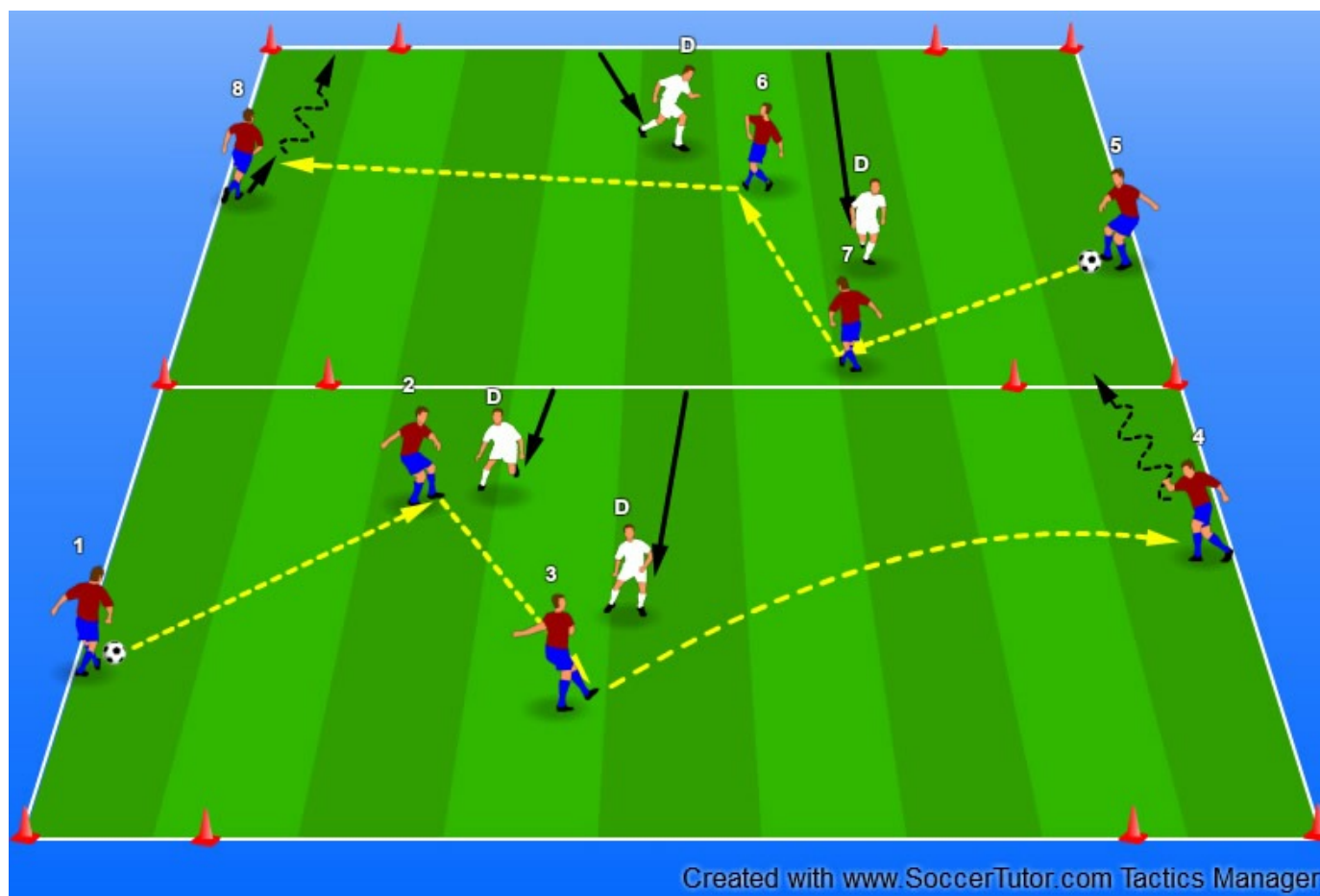
Players are in groups of four. The objective is to switch the play from one side to the other using different sequences.

The last player at the end to receive the ball must dribble through the gate.

Players then need to switch the play in the other direction and finish in the opposite gate

Coaching Points

1. Check to create space before receiving the ball
2. Body shape should be open to see all players involved
3. Use the back foot to receive the ball. This automatically helps you face the direction you want to go in.

SWITCHING PLAY OPPOSED IN FOURS + 2 DEFENDERS**Objective**

To develop switching play

Description

The same objective as the previous practice but this time there are 2 defenders who start on the line and cannot move until the first pass is made from 1st end player.

Coaching Points

1. Check to create space before receiving the ball
2. Body shape should be open to see all players involved
3. Use the back foot to receive the ball. This automatically helps you face the direction you want to go in.

SWITCHING PLAY IN A PHASE OF PLAY



Objective

To develop switching play

Description

The starting position is between the left or right cones. The player (feeder) passes the ball to the midfielder who looks to switch the play from the weak to strong side. After the switch, the objective is to finish on goal.

If the opposition win the ball they look to score in either small goal positioned just beyond the halfway line.

Coaching Points

1. Check to create space before receiving the ball
2. Body shape should be open to see all players involved
3. Use the back foot to receive the ball. This automatically helps you face the direction you want to go in.

SWITCHING PLAY IN A SMALL SIDED GAME



Objective

To develop switching play

Description

The starting position is from the GK to the right or left back. If the left back has the ball then the team needs to switch the play to the right side to the player in the wing zone. No other players are allowed in the wing zones.

The wing zones can be removed after 10 minutes

Coaching Points

1. Check to create space before receiving the ball
2. Body shape should be open to see all players involved
3. Use the back foot to receive the ball. This automatically helps you face the direction you want to go in.

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