

## Switching Play Drill - Stage 1 of 6



<b>Date:</b>	11 Nov 2008	<b>Measurement:</b>	20 x 20 yds
<b>Time:</b>	-	<b>Players:</b>	6 players in each group
<b>Duration:</b>	-	<b>Level/Age Group:</b>	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



<b>Date:</b>	11 Nov 2008	<b>Measurement:</b>	20 x 20 yds
<b>Time:</b>	-	<b>Players:</b>	6 players in each group
<b>Duration:</b>	-	<b>Level/Age Group:</b>	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



<b>Date:</b>	11 Nov 2008	<b>Measurement:</b>	20 x 20 yds
<b>Time:</b>	-	<b>Players:</b>	6 players in each group
<b>Duration:</b>	-	<b>Level/Age Group:</b>	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



<b>Date:</b>	11 Nov 2008	<b>Measurement:</b>	20 x 20 yds
<b>Time:</b>	-	<b>Players:</b>	6 players in each group
<b>Duration:</b>	-	<b>Level/Age Group:</b>	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



<b>Date:</b>	11 Nov 2008	<b>Measurement:</b>	20 x 20 yds
<b>Time:</b>	-	<b>Players:</b>	6 players in each group
<b>Duration:</b>	-	<b>Level/Age Group:</b>	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



<b>Date:</b>	11 Nov 2008	<b>Measurement:</b>	20 x 20 yds
<b>Time:</b>	-	<b>Players:</b>	6 players in each group
<b>Duration:</b>	-	<b>Level/Age Group:</b>	11+ years

**Description:** R2 pass 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:**