

Switching Play Progression - Stage 1 of 6



Measurement: Half Field
Players: 8+

Level/Age: 10+ yrs
Duration: 25 min.

Objective:

Develop switching play, body shape, creating space, timing of runs and finishing

Coaching Points:

1. Check to create space before receiving the ball.
2. Before the wide player checks with the ball the 3 other players should move forward
3. Just when the wide player checks with the ball the 3 other players must drop back quickly in positions where the receiving player is behind the player with the ball
4. All players must use the back foot when receiving the ball. Very important!
5. Players attacking the cross must not make their run too early. They should make it just when the wide player is about to cross it, this will prevent the cross going behind them.

Progression:

1. Introduce 1 or 2 passive defenders.
2. Vary the switch with different combinations of switching play.

Notes:



STEP 2 of 6

B1 DRIBBLES FORWARD. B2,3 AND 4 ALL MOVE FORWARD TO SUPPORT PLAY.



STEP 3 of 6

B2 TELLS B1 TO TURN OUT WHO THEN PASSES TO B2. B2, 3 AND 4 ALL DROP BACK AT ANGLES TO CREATE SPACE.



STEP 4 of 6

B2 PASSES TO B3 WHO RECEIVES WITH BACK FOOT (LEFT) AND PASSES TO B4 WHO CHECKED TO THE RED CONE BEFORE MOVING TO RECEIVE THE PASS FROM B3



STEP 5 of 6

B4 SHAPES UP TO CROSS THE BALL FOR B3 WHO MAKES A NEAR POST RUN, AND B2 WHO MAKE A FAR POST RUN. B1 PICKS UP ANYTHING ROUND THE BACK.



STEP 6 of 6

B2 TIMES IT'S RUN WELL AND SCORES. THE SAME SEQUENCE STARTS ON THE OPPOSITE SIDE. B GK PASSES TO R2 OR R3....

NOTES: