



Drill Name: Change Point of Attack Small Sided Activity

Set up :

40 x 40 grid and set up 2 free zones at the end lines.

Instructions:

Players will remain on their respective teams. Place 1 target on each end of the grid who will move freely from side to side. Players in the center of the field will play possession and look for target player when getting pressure. Once Target player receives ball only the team that had possession can enter the grid on opposite end of free zone to receive ball and then get ball back into teammates and look to go to other Target. Target and player receiving the ball can go back to the same direction if pressure does not allow a pass.

Coaching Points:

Players will look to control the ball and utilize the Target who needs to have a good first touch towards other end of zone to pass to a player checking in to that space to provide support. Need to make the decision to go back or find an open player.