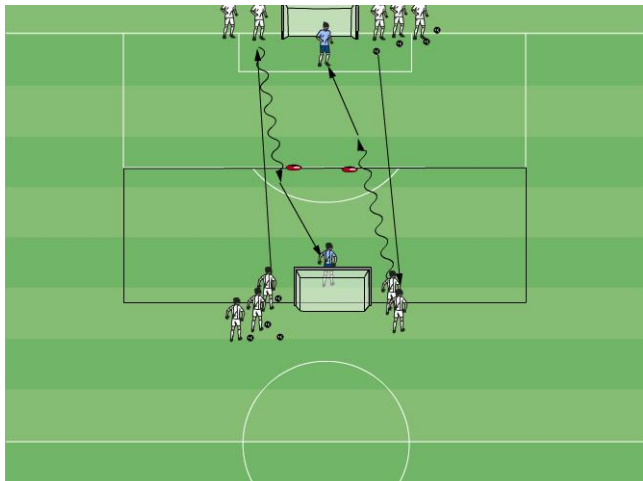


# Switching the Field SESSIONS

**Topic:** Finishing Inside the Penalty Area

**Equipment Needed:** Cones, bibs, ball, goals

**Activity 1:**



**Description:**

Goals set up facing each other the distance of two penalty areas. One GK in each goal. Other players split between the four posts. Balls on opposite, diagonal posts. Two cones ~3yds apart in center.

Groups on same side of field work together. Player w/ ball passes across, receiver dribbles toward goal and must pass to GK immediately after passing the cones – must stay on outside of cone (to prevent collision). Players proceed to switch places executing dynamic movements on the way.

**Variation:**

Have shooter rotate to GK, GK rotate to passer, and passer rotate to shooter.

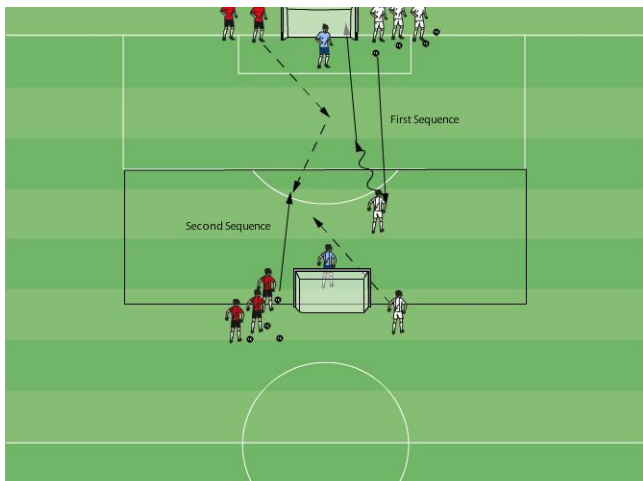
**Progression:**

Shooters try to score

**Coaching Points:**

1. Technique of strikes – inside of foot, laces, or both
  - a. Step next to ball
  - b. Lean forward
  - c. Point plant foot and body toward target
  - d. Ankle locked, toe up/down
  - e. Where to make contact with ball
  - f. Look at space in the goal before striking
2. Attack the ball as its coming
3. Speed of dribble and strike
4. Preparation touch before striking – angle, distance, timing

**Activity 2:**



**Description:**

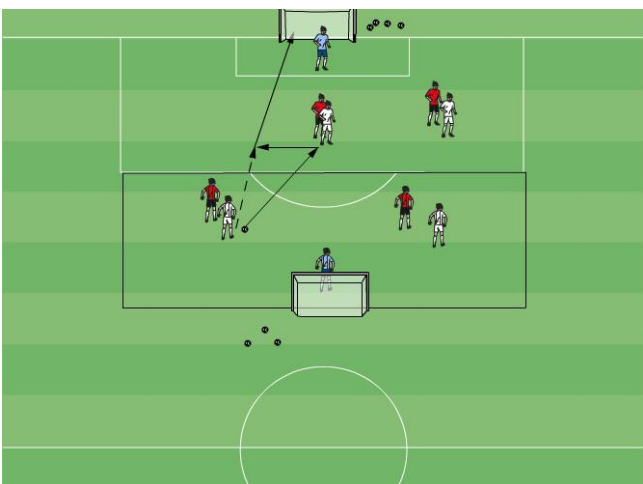
Same set up as previous activity, except cones are removed.

Attacker receives a pass from teammate. Player from opposite diagonal line defends after ball is passed. Attacker scores on goal. Defender can score on opposite goal if he wins the ball. Once round is over, defender becomes attacker and receives the ball from opposite side, new player defends.

**Coaching Points:**

1. Preparation touch – angle, distance, timing
2. 1<sup>st</sup> touch – can it be a shot or preparation touch?
3. Angle and speed of approach as ball is coming – depending on speed and angle of the ball, depending on speed and angle of defender
4. Technique of shots
5. Decision of which part of the foot to use – are we going for power or placement? Are we trying to be deceptive?
6. Quickness of trigger – only need small space and short time to release a shot

**Activity 3:**



**Description:**

5v5 (including GKs). Field split into two halves (two penalty areas). Each team has two players in each half.

Players must remain inside their halves. Each team scores to goal. Goals from attacking half = 3 points. An attacking player from the defending half can join the attacking half after a ball is passed into the attacking half. Offside is in effect.

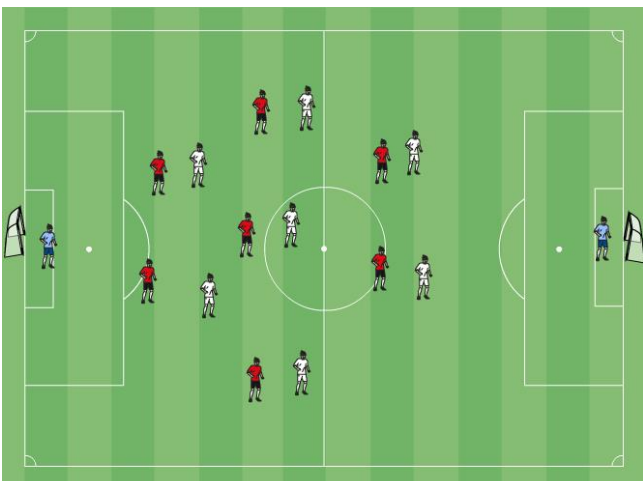
**Progressions:**

1. Players can dribble into the attacking half
2. 7v7 (including GKs) – 3 players in each half

**Coaching Points:**

1. Decision to take a preparation touch or shoot on one touch
2. Decision of when to get into attacking half or shoot from distance
3. Angle, positioning, and timing of 2<sup>nd</sup> attacker runs to create space to score inside attacking half
4. Angle, positioning, timing of 3<sup>rd</sup> attacker runs to create space and options to score
5. Technique of shots & prep touches and decision of which part of foot to use
6. Quickness of trigger
7. Using deception to create space and time – fake shots, fake passes, etc.

**Activity 4:**



**Description:**

Full sided game. Match rules apply.

**Coaching Points:**

1. Decision of when to get into penalty area or shoot from distance
2. Angle, positioning, and timing of 2<sup>nd</sup> attacker runs to create space to score
3. Angle, positioning, timing of 3<sup>rd</sup> attacker runs to create space and options to score