

Switching Play

Emphasis: Switching the point of attack, Passing, small-sided game.



Set-up:

30 x 30 yard grid.

Players are split into two teams.

A 5v5 is organized inside the grid and 2 players from each team

(A,B,C,D) are positioned at each end of the grid..

Two sets of colored bibs. Balls are located outside grid with the coach.

Objective:

Both teams try to maintain possession of the ball. Points are awarded for completing a pass to one of the supporting players located outside the grid. Support player must pass the ball in to their teammates as quickly as possible to maintain the rhythm of the game. After a point is scored at one end of the grid the next point must be scored at the other end – cannot score at the same side twice in a row. Change the supporting players after a designated number of points or period of time. If the ball leaves the playing area the coach should quickly play the next ball into the grid to keep the intensity high.

Progressions:

1. Players use a maximum of 2 touches.
2. 1 touch for the outside players.

Coaching Points:

- Keep the ball moving with quick accurate passing.
- Attempt to switch the ball to the opposite end of the grid as quickly as possible.
- Movement and angles of support are important if switching opportunities are to develop.