



## Cycle 5 - Session 6 - Switching Play

**Category:** Tactical: Switching play  
**Skill:** U9 | Start Time: 09-Feb-2015 18:00h

Pro-Club: Peterborough United Academy FC  
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### 4 Goal Warm Up Game (20 mins)

**Organisation** - See diagram for set up

- 2 teams playing 5v5 in middle - Bounce it players 4 can play anywhere around the pitch and 1 can play on the pitch
- Objective of the game is to score in every goal, once you score in every goal your team wins the game
- 1st time finish

**Things to think about...**

- Will your team have to change how they play when you score or concede goals? (think about the conditions of the game)
- Speed of play, speed of thought (awareness of the game around you), quick transitions
- Support play, forward runs, recovery (attack/defend as a group)

**Other Conditions to game -**

Bounce it players - you MUST play with 2 of them before you score. Bounce it players can have 1 player who can come into the pitch and play. (rotation controlled by players )

**Tactical** - Speed of transition, recognition of danger, forward runs, combination plays

**Physical** - Balance, Agility, Co-ordination, Strength inc. Core

**Social** - Competition, Team Work, Communication/support

**Psychological** - Concentration, good habits, confidence to try something different



### Switching play (20 mins)

**Organization:**

1. Set up as shown
2. Three Groups of 4 players per grid.
3. Player 3 yds from blue cone.

**Instructions:**

1. Base plays the ball to LD
2. LD takes 1st touch forward, dribbles to flag, performs turn and passes ball to Base
3. Base shows behind the ball ( Comes under the ball ) and receives pass from LD
4. Base takes 1st touch towards RD.
5. Continue pattern. (waiting player changes roles after two switches)

**Coaching Points:**

**Technique**

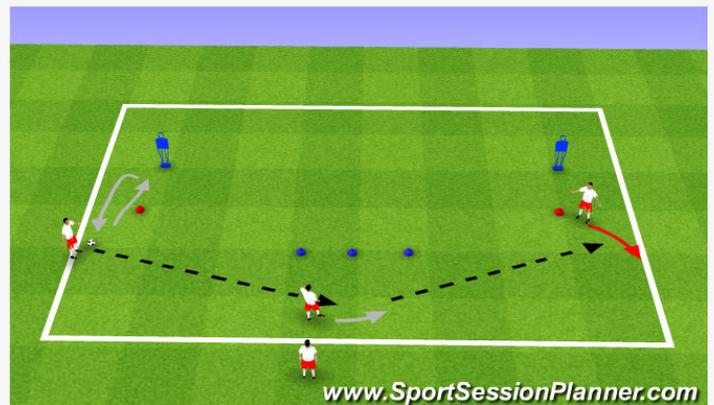
- Accuracy & Pace of pass
- Pass to the back foot to improve speed of play

**Movement**

- Create Depth (Behind the ball at an angle - Sideways on)
- Create Width ( Feet on line - Sideways on)

**Decision**

- Check over shoulder before receiving to create habit of taking pictures.
- Triggers of movement. What happens if moves to quickly?



## Switching Play (20 mins)

### Organization:

1. Set up as shown (20x20)
2. Two Groups of 3-4 players. (6-8 players per grid)

### Instructions:

1. Base plays the ball to LD
2. LD takes 1st touch forward, dribbles to flag, performs turn and passes ball to Base
3. Base shows behind the ball and receives pass from LD
4. Base takes 1st touch towards RD.
5. After 2-3 turns, Top of Diamond show in passing lane (Blue). Base passes ball to top of diamond.
6. Continue pattern on opposite side.

### Coaching Points:

#### Technique

- Accuracy & Pace of pass
- Pass to the far foot to improve speed of play

#### Movement

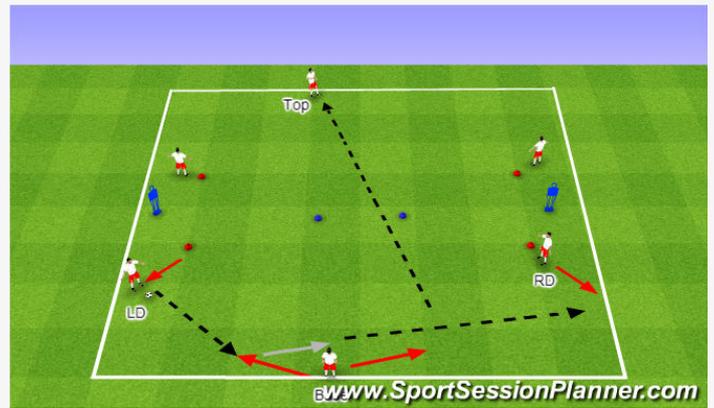
- Create Depth (Behind the ball at an angle - Sideways on)
- Create Width ( Feet on line - Sideways on)

#### Decision

- Check over shoulder before receiving to create habit of taking pictures.

#### Progression:

- Add second ball ( Can they work it out ? )



## 4 Goal Game - Switching Play (20 mins)

### Organisation - Back into game we started.

- What have the players learnt ?
- Have any changed the way they play the game ?
- Praise any good switches of play.

