



Gavin Pugh, Director

Coach:

Team:

Topic: Switching the point of attack

Age:

Date:

Level:

UNRESTRICTED SPACE – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> Middle player passes ball to an outside player and runs to support Outside player passes ball back to inside player who one touches the ball back outside Outside player crosses the ball to the other outside player <p>Progressions: Multiple touches to one touch. Balls played on the ground to balls played in the air.</p>	<ul style="list-style-type: none"> Middle player's body position should be open to field (able to see both outside players at the same time) Pass to outside player should be in front of the outside player to allow for a 1-touch cross Cross should be played to space in front of the other outside player Middle player moves to support the other outside player at appropriate time (when the outside player opens up their body to cross the ball)
	<ul style="list-style-type: none"> Play 6v6+2 neutral players in a large area <p>Progressions: Limit to 2-touches, or, Score points by stopping the ball, putting your knee on the static ball and then passing as necessary (3 touches) i.e. finding space to make this move</p>	<ul style="list-style-type: none"> Play in the direction you are facing Play short 1-touch passes to draw the defense and then switch the point of attack Support the new point of attack Some attacking players give depth away from the ball – ready to receive another switch Angles and distances of support 1st touch away from pressure
	<ul style="list-style-type: none"> Play 6v6+2 neutral players to small goals Teams play with direction (one team has three goals to attack and three goals to defend) Teams get 2 points for scoring on an outside goal and 1 point for scoring in a central goal <p>Progressions: Have the neutral players stay with a team (play 7v7). Limit touches in the different regions of the field if the players are dribbling too much.</p>	<ul style="list-style-type: none"> Be patient, draw the defense using depth and then switch the point of attack Get players into positions where they can score with 1-touch. When playing 8v8 have one team play a 4-3-1 (the team you are coaching) and the other team a 3-2-3.
	<ul style="list-style-type: none"> Play 8v8 The goals for an 8v8 game should be placed on the top of the penalty box on each end of the field 	<ul style="list-style-type: none"> The positioning of the weak-side fullback/outside mid depends on the amount of pressure on the ball <ol style="list-style-type: none"> Close pressure on the ball=back/mid stays back to offer support and to be ready to transition. Lack of pressure the back/mid cheats up the field.