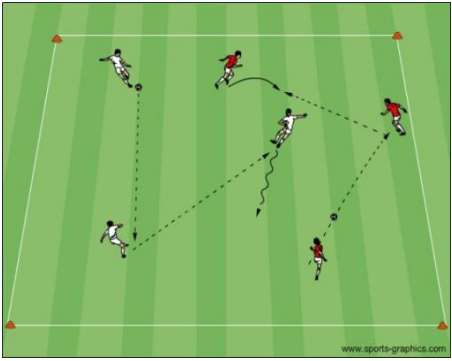
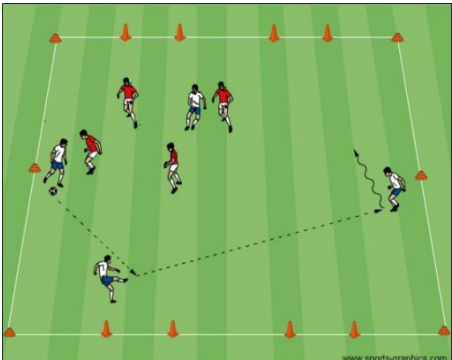
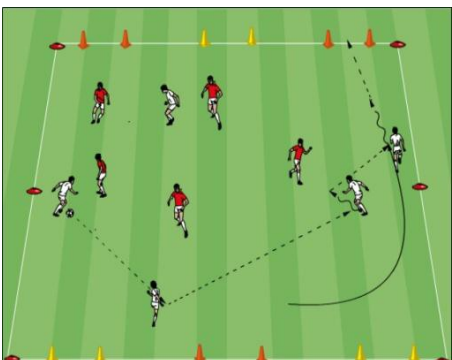


## Topic: Switching the Point of Attack

**Objective:** To help the players recognize when and how to switch the attack from crowded areas to areas with less defensive traffic

Technical Warm up	Organization	Coaching Pts.
	<p><b><u>Pass and Move:</u></b> Split players into groups of 3 or 4 (color-coded). Each group has a ball, inter-passing within their group. All groups are in the same grid playing through each other. (30x40 yard grid).</p> <p><b>Coach:</b> have the players do the following</p> <ul style="list-style-type: none"> <li>• Pass using three touches only</li> <li>• Striking short, short and long passes</li> <li>• Striking short and long passes</li> </ul>	<ul style="list-style-type: none"> <li>• Technique of passing and receiving                             <ul style="list-style-type: none"> <li>○ Passing with all surfaces</li> <li>○ First touch</li> <li>○ Getting in line with the ball</li> </ul> </li> <li>• Quick and proper angle of support</li> <li>• Communication – Verbal Cues</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
<p><b>Small Sided Game</b></p> 	<p><b><u>4v4 to 4 Goals:</u></b> Two teams trying to score in their opponents goals. If the players manage to score by switching the point of attack, the goal is worth 5 points. The playing area is a 30x40 yard grid.</p>	<ul style="list-style-type: none"> <li>• Play in the direction you are facing</li> <li>• Play short 1 touch passes to draw the defense in, then switch the point of attack</li> <li>• After switch is made, move to support the new point of attack</li> <li>• Some attacking players give depth away from the ball – ready to receive the switch</li> <li>• Angles and distances of support</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
<p><b>Exp. Small Sided Game</b></p> 	<p><b><u>5v5/6v6 to Six Goals</u></b> In a 40 x 50 yard grid, players are divided into two teams. Play with six goals located on end lines (50 yard lines). Each team attacks &amp; defends three goals. Teams score points by dribbling or passing through goals. A goal scored in the central goal is worth 1 point and goals scored in the side goals are worth 5 points after switching the point of attack.</p>	<ul style="list-style-type: none"> <li>• Play in the direction you are facing</li> <li>• After switch is made, move to support the new point of attack</li> <li>• Be patient, draw the defense in, then switch the point of attack</li> <li>• Look to play the ball to space in front of the other outside player so he can penetrate with the dribble if possible</li> </ul> <p style="text-align: right;"><b>Time: 20 minutes</b></p>
<p><b>Game</b></p>	<p><b>Organization</b></p>	<p><b>Coaching Pts.</b></p>
<p><b>6v6 to 8v8 Scrimmage</b></p>	<p>If 6v6, play in a 45x60 yd. field. If 8v8, play in a 55x80 yd. field. Play with Goalkeepers and encourage them to communicate with teammates.</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
<p><b>COOL DOWN</b></p>	<p>Activities to reduce heart rate, static stretching &amp; review session. <b>Time: 5-10 Minutes</b></p>	