

Switch On

Use this session to encourage your team to switch play in order to keep the opposition defenders unbalanced and to create attacking opportunities

WHY USE IT

Changing the direction of play requires players to scan the field, control the ball with an open body position and play passes in a different direction from where they received it. This session gets players to adopt the correct body position, enabling them to make quick switches and open up space to attack.

SET UP

Use a 40x30-yard area with four corner grids. We've used 12 players. You will need cones, bibs and balls.

HOW TO PLAY

Split players into two teams of six. Two players from each team go into the four boxes in the corners of the pitch. They should be on opposite corners diagonally apart. In the centre is a 4v4. The coach plays a ball in and teams must keep possession and try to switch play in sequence between their team-mates in the grids.

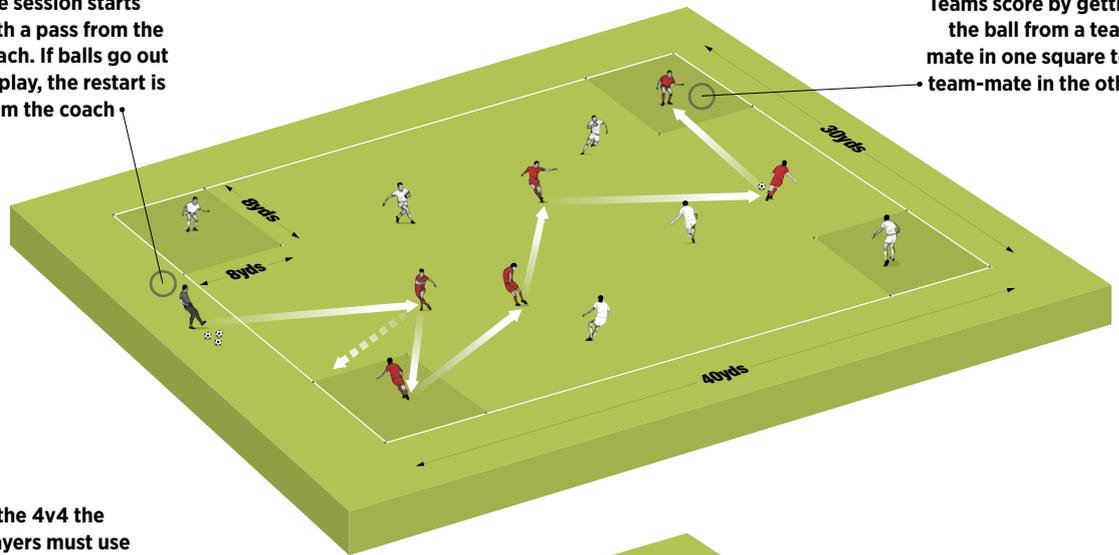
A successful series of passes between the squares wins a point. Each time a player passes into the grid he has to swap places with the player inside.

TECHNIQUE

This training session is good for passing and receiving, movement, and to make players aware of the opportunities for fast switches of play.

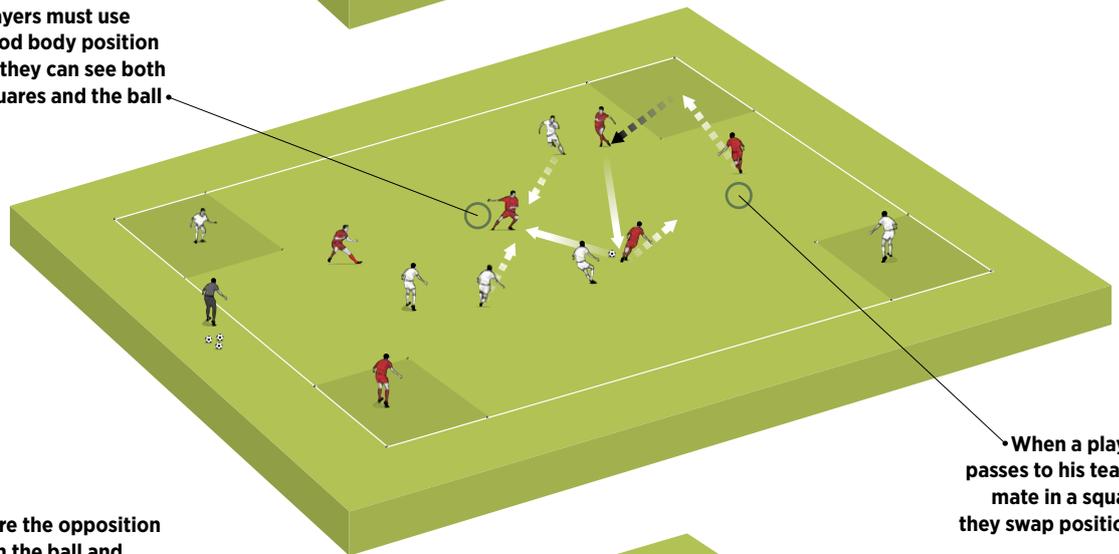
Activity by: Steve Payne

The session starts with a pass from the coach. If balls go out of play, the restart is from the coach



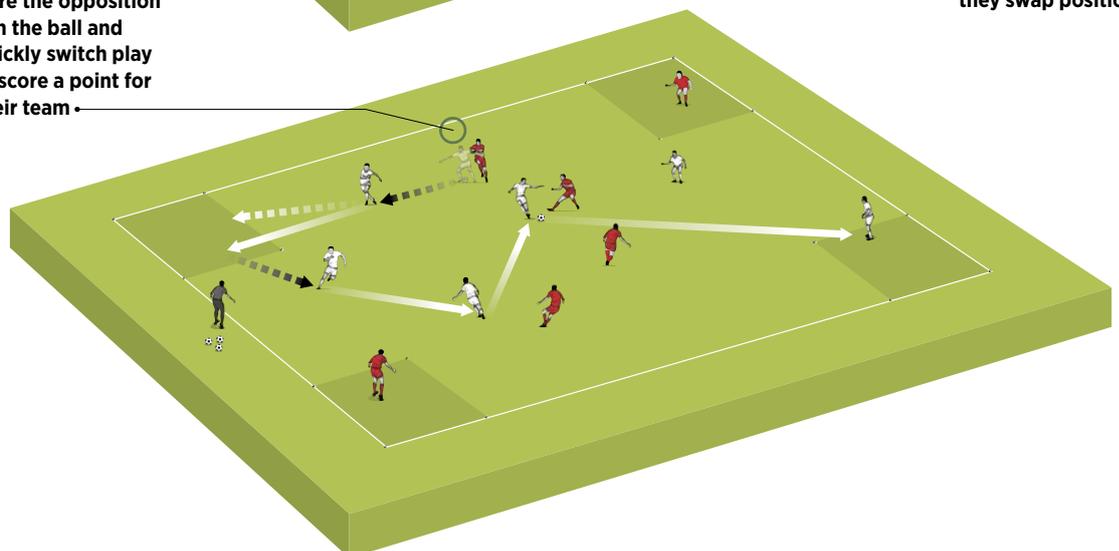
Teams score by getting the ball from a team-mate in one square to a team-mate in the other

In the 4v4 the players must use good body position so they can see both squares and the ball



When a player passes to his team-mate in a square they swap positions

Here the opposition win the ball and quickly switch play to score a point for their team



Player movement

Ball movement

Run with ball

Shot