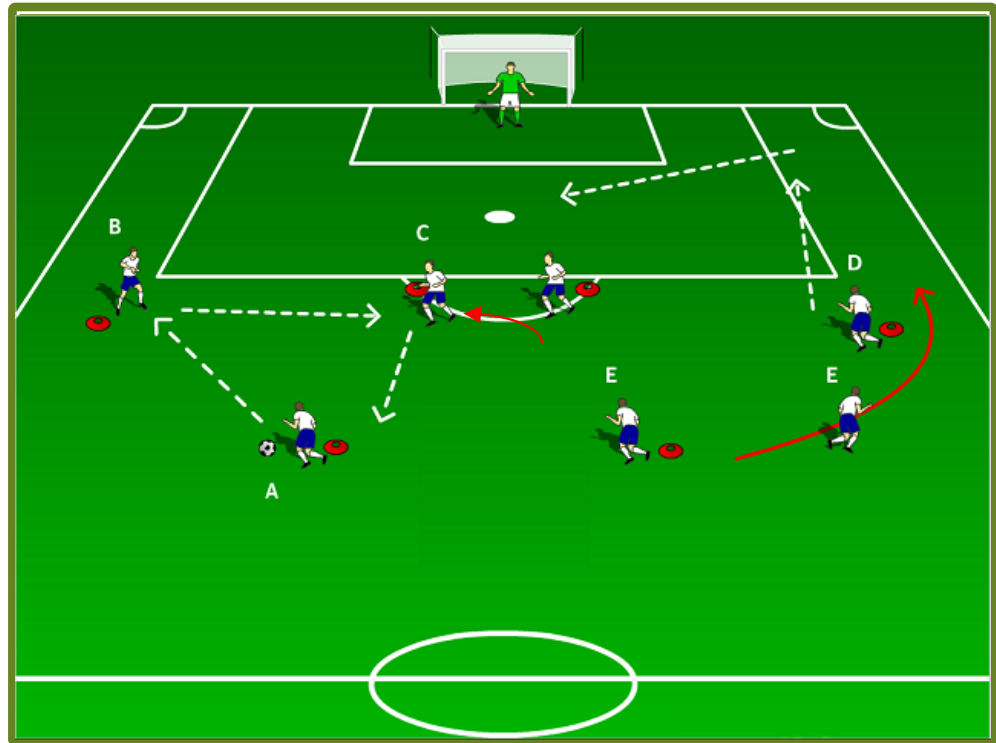


Switching play - Advanced

Functional phase - Area: Third of a field. Six cones are placed on the field to imitate 2 center midfielders, 2 wide players and 2 forwards.



1. Player A passes to player B who has checked to the ball.
2. Player B controls the ball. The two forwards switch places. Player B passes to Player C who passes one touch to Player A.
3. Player A switches the point of attack to Player D. Player E makes an overlapping run and receives the ball from Player D.
4. Player E crosses the ball for the 2 forwards, wide player B and Player A will be on the edge of the penalty area.
5. Work both sides.
6. You could add a defender who becomes active when the ball gets played wide.

Coaching points:

Make it look realistic – control and move the ball quickly

Body shape when controlling the ball.

Crosses

