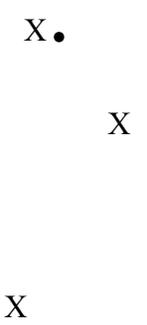
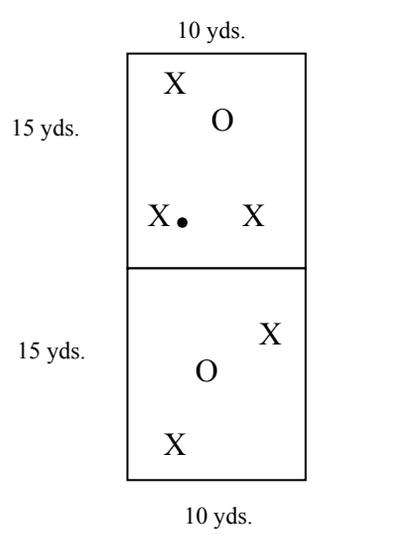
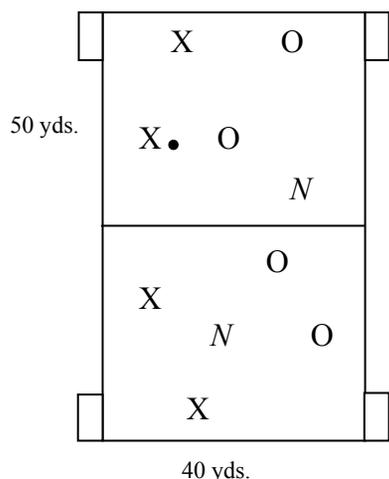
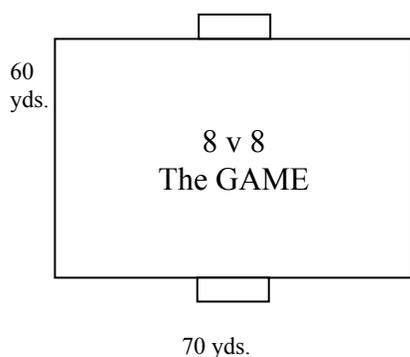


Topic: **Switching the Point of Attack**

Organization	Variations	Diagram	Coaching Points
Unrestricted			
<p>Technical passing and dribbling work in groups of three, one ball between three. Stretch.</p>	<ul style="list-style-type: none"> Pass and move – keep it innovative, demanding and realistic. Takeovers. Once the takeover between the 1st and 2nd attacker has occurred, the 2nd attacker must penetrate, and then pass to the 3rd attacker to relieve pressure – rotate roles continuously. Short, short, long exercise. 1st attacker plays ball to 2nd attacker who then lays the ball back to the 1st attacker; 1st attacker then strikes the ball to the 3rd attacker – rotate roles continuously. 		<ul style="list-style-type: none"> ✓ Body mechanics and technique ✓ Deception and disguise with and without the ball ✓ Change of speed and direction ✓ Accuracy and weight of passes (short and long) ✓ Clear verbal and visual communication
Restricted			
<p>3 v 1 + 2 exercise (two 10 x 15 grids, or as needed, end to end).</p>	<ul style="list-style-type: none"> 3 v 1 in one grid, 2 v 1 in the other. Object is to possess the ball for a set number of passes (i.e., 6 to 8), then quickly switch the attack to the other half of the grid. When the ball is successfully switched to the other grid, one attacking player enters the grid to create a 3 v 1 – continuous play. Defenders attempt to possess the ball as long as possible and can play to their teammate in the other grid. Rotate defenders. If necessary, limit touches. 		<ul style="list-style-type: none"> ✓ Correct supporting angles and organized possession ✓ Proper shape and balance ✓ Quick switch of the ball from one grid to the other ✓ Combination play and creativity ✓ Speed of play and thought

Topic: **Switching the Point of Attack**

Counter Goals			
<p>4 v 4 + 2 to four small goals (50 x 40 area or as needed). Neutral players play for team in possession. Assign one neutral player in each half of the field.</p>	<ul style="list-style-type: none"> ▪ Define direction for each team. ▪ Players are allowed to move throughout the area; however, neutral players must stay in their assigned half. ▪ If necessary, mandate 2 v 2 + 1 in each half to maintain proper attacking shape and balance. ▪ Before a goal can be scored, possession must switch from one area to the other. ▪ If necessary, limit the number of touches to increase speed of play and movement off of the ball. 		<ul style="list-style-type: none"> ✓ Change of rhythm to exploit opportunities to penetrate ✓ Proper movement and timing of 3rd man runs ✓ Recognition of time and space to play diagonal and bending balls behind the defenders ✓ Be patient in possession and allow opportunities to develop
Two Goals			
<p>7 v 7 with goalkeepers to two large goals, half field (70 x 60 or as needed).</p>	<ul style="list-style-type: none"> ▪ Possible formation 2:3:2. ▪ Maintain natural width of the field to encourage switching the point of attack. ▪ No restrictions. 		<ul style="list-style-type: none"> ✓ Look for opportunities to switch the point of attack ✓ Implement the offside rule to improve timing and execution in the attack ✓ Find the most efficient way possible to score ✓ All of the above
Cool Down			
<p>Players jog (dynamic movements). Stretch.</p>	<ul style="list-style-type: none"> ▪ Focus on major muscle groups. 		<ul style="list-style-type: none"> ✓ Reduce Heart Rate ✓ Static Stretching ✓ Review Session