

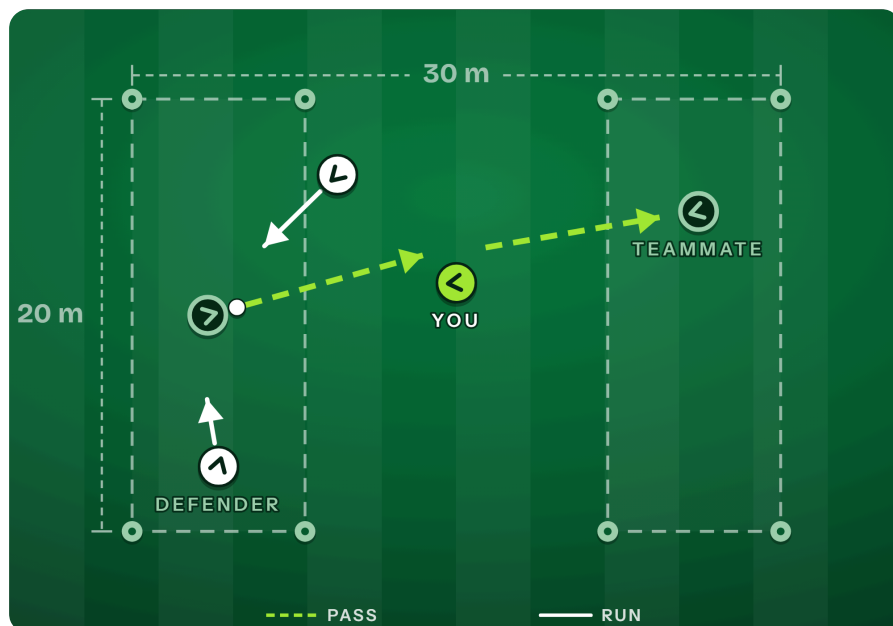


Switch the play

TECHNICAL & TACTICAL · SWITCHING PLAY ·

5 PLAYERS (3 v 2: ONE ATTACKER IN EACH SIDE ZONE, ONE IN THE MIDDLE; A PARENT OR COACH CAN DEFEND)

· AGE 14+



Set up

5 players, 3 v 2

30 x 20 m pitch

2 side zones, 8 m wide

1 point per switch

Dose

4 sets of 6 switches

1 min rest between

4 sets of 6 switches with 1 minute of rest between (the Football Reach target, not an FA rule).

What it trains

Switch the play: when one side is crowded, move the ball quickly to the free side, through a middle player or with a long ground pass. England Football suggests a goal after a switch counts as two in four-goal games, so players scan for space.

How it works

- 1 Warm up first. Mark a 30 x 20 m pitch with 8 flat cones: an 8 m wide zone down each side, open in the middle. Size 5 ball.
- 2 Play 3 v 2: one attacker in each side zone, one in the middle. The two defenders can go anywhere.
- 3 Score a point every time the ball gets from one side zone to the other, through the middle player or with one longer pass. Every pass stays on the ground.
- 4 When the defenders crowd one side, scan both sides, open up and switch it to the free side. If the defenders win it, swap roles.
- 5 Play 4 sets of 6 switches, with 1 minute of rest between. Take turns in the middle so everyone switches with both feet.

Coaching points

- 1 **Scan both sides**
While the ball is on its way to you, look at both sides: where the defenders are crowding and which side is free. Then your decision is made before it arrives.
- 2 **Switch to the free side**
Open your body to the free side, touch the ball out of your feet towards it, then pass firmly along the ground. For a longer switch, strike through the middle of the ball with your laces so it stays low.

× **Not this:** Passing back into the crowded side, where the defenders already are. It invites more pressure; the free side gives your team time on the ball.

HARDER

Skip the middle: switch with one longer pass along the ground straight from zone to zone. Or play to four small goals, two at each end, where a goal after a switch counts as two (England Football's four-goal game).

EASIER

Unopposed first: put two cones in one zone as the crowd and switch to the other zone (3 players). Or move the zones in, so they are about 15 m apart.

Safety

- If in doubt, sit them out: anyone with a suspected concussion stops straight away, does no training for at least 24 hours and plays no matches for at least 21 days (UK concussion guidelines).
- Defenders stay on their feet: no slide tackles. Every pass stays on the ground: no lofted balls.
- Warm up first: long passes load the hip and groin, so stop if anything hurts. Flat grass, never a road or driveway, flat cones.
- Under 16: if your knees or heels hurt when you run, stop and tell an adult; a GP or physio can help.
- Warm up first. Stop if anything hurts and tell an adult.

Track 12 weeks (tick each session)

W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐



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