



Entering Final 1/3 - Changing Point of Attack

Category: Tactical: Switching play
Difficulty: Difficult

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Individual-Young Member

Passing Relay (15 mins)

Objective: Increase vision and movement to go forward using diagonal passes

Focus: Timing of movement to receiving pass, movement to open up forward passing lanes

Setup:

- 2 cones that are 6-10yds apart
- 2 players at each cone, 1 ball being using between the 2 cones

Action:

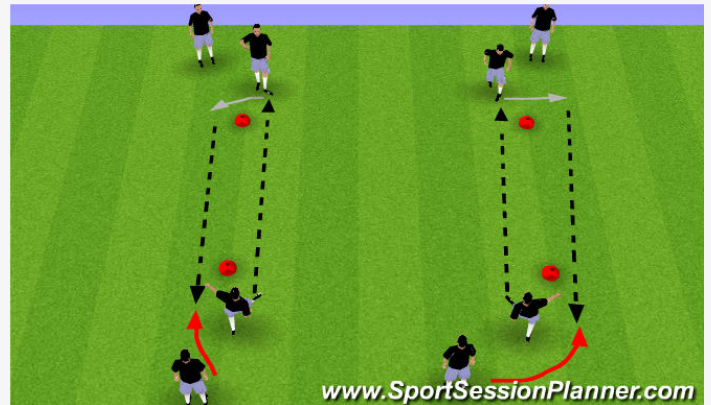
- Begin with 2-touch passing back and forth between the two cones
- Once a player passes, they must back up in order for their partner to receive the next pass
- Players utilize different receiving/passing patterns then compete against other groups of 4

Receiving/Passing Patterns:

- Inside touch - Inside Pass (i.e Right foot inside touch across body, left foot pass to other cone)
- Outside touch - Inside Pass (i.e. Right foot outside touch, right foot pass to other cone)

Competition:

- 1pt for successful touch and pass across to other cone
- 30 second rounds
- Groups of 4 compete against each other



Diagonal Passing Squares (20 mins)

Objective: Increase vision and movement to go forward using diagonal passes

Focus: Timing of movement to receiving pass, movement to open up forward passing lanes

Setup:

- Grid made up of six 9x9 squares
- Two players in each square (1 player from each team)
- One ball

Action:

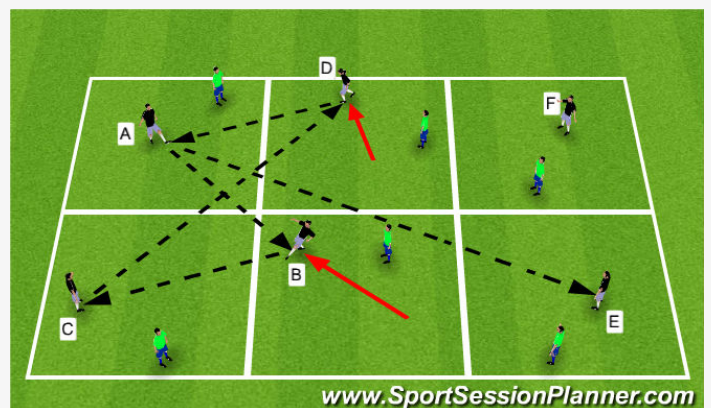
- Begin with each team passing one ball from square to square. Players asked to move around their individual square and receive/pass while in motion. Ball never stops. Must maintain 6ft from nearest player.
- Progress to passing pattern for multiple practice repetitions. Once each group is comfortable with the pattern, being competition phase. Play multiple rounds.

Diagonal Passing Pattern

- Player A passes diagonally to Player B in central channel who is timing their 'check' to the ball
- Player B lays the pass off to Player C, who then plays a diagonal pass to Player D
- Player D lays their pass off back to Player A
- Player A looks to play a ball into either teammate at opposite side of grid (Player E or F)
- All players must be moving at all times
- Team 2 is performing the same pattern. The idea is to create traffic and challenge players vision forward.

Competition

- 1pt every time a team completes the pattern without the ball get disrupted in traffic (ball never stops)
- Play for 60 second rounds
- Have players switch squares every round



*** Social Distancing - If players are unable to maintain social distancing, assign each player 1/2 of their 9x9 square to operate in ***

6v4 + GK (25 mins)

Who: 5, 4, 3, 2, 6, 9

What: Changing the point of attack

Where: Entering the final 1/3

When: When opponent is in a low defensive block

Why: Improve the moving relationships between back 4 and DCM

Setup:

- Grid is 40w x 36L w/ 4yd zone for 9

Focus: Spread them out, create numerical advantages, possess to create opportunities

Guided Questions:

- How do vertical movements of the 3/2 affect the defensive shape of our opponent?
- What are the visual cues we must look for in order to identify a time to switch the point?
- 2/3 - when is a good time for both of you to go forward?
- How does our movement after the pass affect our ability to maintain possession?

Coaching Points:

- 3/2 have explosive movements forward and in support back
- DCM receive on half turn to play forward, if pressure behind.. pass/dribble into space
- 4/5 proper supporting angles and weight of pass to exploit spaces
- 4/5 utilize DCM to draw opponents ACM and expose vertical passing channels

