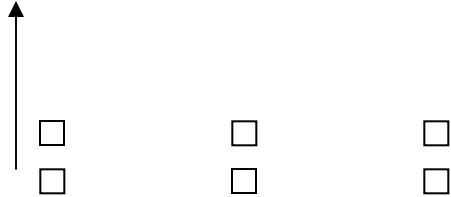
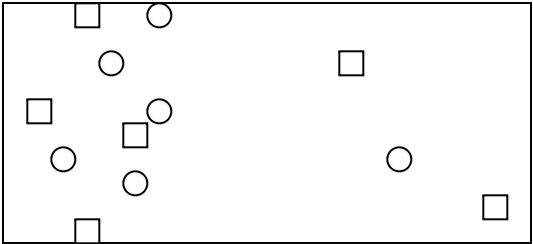
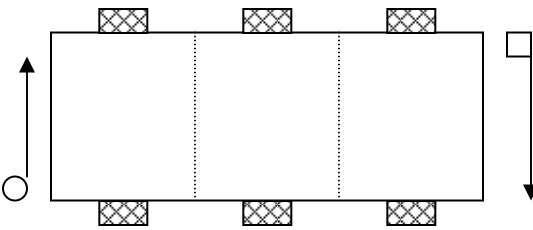
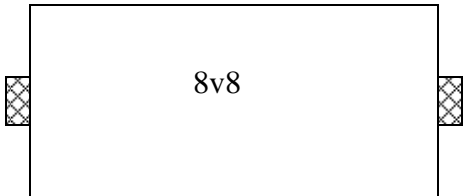




Name: Matt Callahan

Topic: Switching the Point of Attack

Date:

<p>UNRESTRICTED SPACE – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> ▪ Middle player passes ball to an outside player and runs to support ▪ Outside player passes ball back to inside player who one touches the ball back outside ▪ Outside player crosses the ball to the other outside player <p>Progressions: Multiple touches to one touch. Balls played on the ground to balls played in the air.</p>	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> ▪ Middle player's body position should be open to field (able to see both outside players at the same time) ▪ Pass to outside player should be in front of the outside player to allow for a 1-touch cross ▪ Cross should be played to space in front of the other outside player ▪ Middle player moves to support the other outside player at appropriate time (when the outside player opens up their body to cross the ball)
<p>RESTRICTED SPACE</p> 	<ul style="list-style-type: none"> ▪ Play 6v6+2 neutral players in a large area <p>Progressions: Limit touches</p>	<ul style="list-style-type: none"> ▪ Play in the direction you are facing ▪ Play short 1 touch passes to draw the defense in then switch the point of attack ▪ After switch is made move to support the new point of attack ▪ Some attacking players give depth away from the ball – ready to receive the switch ▪ Angles and distances of support
<p>ONE GOAL WITH COUNTER</p> 	<ul style="list-style-type: none"> ▪ Play 6v6+2 neutral players to small goals ▪ Teams play with direction (one team has three goals to attack and three goals to defend) ▪ Teams get 2 points for scoring on an outside goal and 1 point for scoring in a central goal <p>Progressions: Have the neutral players stay with a team (play 7v7). Limit touches in the different regions of the field if the players are dribbling too much.</p>	<ul style="list-style-type: none"> ▪ Be patient, draw the defense in then switch the point of attack ▪ Look to play the ball to space in front of the other outside mid or back (we want to get behind the defense) ▪ When playing 8v8 have one team play a 4-3-1 (the team you are coaching) and the other team a 3-2-3.
<p>GAME – TWO GOALS</p> 	<ul style="list-style-type: none"> ▪ Play 8v8 ▪ The goals for an 8v8 game should be placed on the top of the penalty box on each end of the field 	<ul style="list-style-type: none"> ▪ The positioning of the far side back/mid depends on the amount of pressure on the ball <ul style="list-style-type: none"> ○ Close pressure on the ball=back/mid stays back to offer support and to be ready to transition ○ Lack of pressure the back/mid cheats up the field