



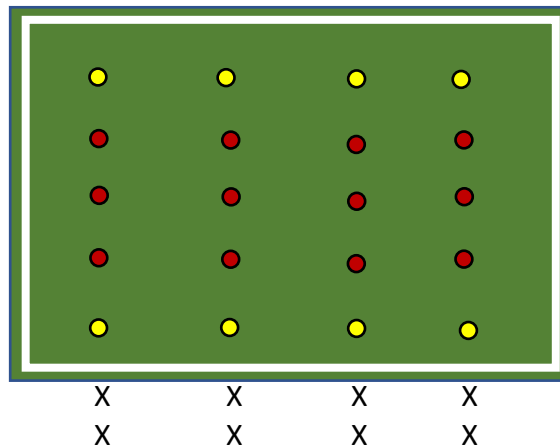
## SWITCHING THE BALL/PLAY

### Practice NEEDS:

- A full bag of soccer balls
- Pinnies
- Disc cones
- Two sets of PUGs

### 1) Minutes 15: Warming up with Touch Lines

Set Up: See picture below, there are four of the same drill for reduced lines. Make enough for only 2 per line, 3 max.



### Warm Up with Touch Lines

Tell every athlete to get a ball and line up behind and to the RIGHT of a yellow cone, only 2-3 behind each cone (you can encourage them to get in line with someone of similar skill). One athlete will do the dribbling/touches at a time in each line. Once the first in line gets to the second red cone the next player can start each time. At the end, after completing the turn at the final yellow cone the player should dribble “lace into space” back to the start, going around their partner in the drill. They should begin again when their partner has made it to the second red cone. You can mix this up however you prefer but here is a good progression to use:

- 1) Dribble to the right of the first red cone with RIGHT foot, stop the ball beside each red cone, completing 6 ball touches beside/at each. At the final yellow cone do a pull turn then dribble straight back to their first yellow cone. Complete several cycles then have the kids do it on the LEFT of the cone, using all left foot for dribbles.
- 2) Dribble to red, 6 foundations at each then Cruyff, dribble back. Then on LEFT.
- 3) Dribble to red, scissors step overs x6 at each red, step over at yellow. Then on LEFT.
- 4) Inside-Outside Dribble to red cone, roll-touch at red cones x6, across body pull turn. Then LEFT.

## WATER BREAK

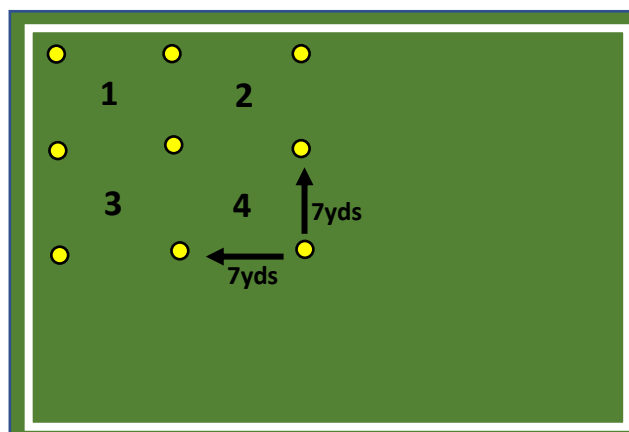
### COACH'S CORNER QUICK TIP

Last week the team learned about “Big Shape, Little Shape”. One of the ways to capitalize on your “Big Shape” on offense is understanding when are good opportunities to “switch the ball”. If your team has done a good job of winning the ball off the other team on the right side of the field or has had good possession on the right side, the defense often shifts to the right, and leaves the left more exposed. This is an excellent time to switch the play, catching the opposing team off guard. This most often should not be accomplished by a blast from one side directly to the other, rather a connecting pass to a center midfielder or a negative connecting pass to a defender. Today's drills will focus on switching the ball from one side of the field to the other, but you will have to explain to your defenders and midfielders their roles in accomplishing this. A midfielder will have to find a good “window”\* between players to receive the pass. It could come from a defender on the right, to the midfielder then defender on the left, or the midfielder can receive the pass then open up, turning to find the opposite side. The negative pass refers to an outside/right midfielder receiving/winning the ball, then as his defender drops/separates from the play, the defender can receive the pass and open up with his “BACK FOOT”, then pass to the Left defender or midfielder.

\*“window” refers to space between two defenders. The midfielder (in this example) should stand in the space between and beyond the defenders so they cannot easily see the midfielder's motion and also so the pass beats that line of defenders, advancing possession up the field.

### 2) Minutes 10-15: Four Grid Possession

Set-up: Create four a-joining squares, each about 7x7yds (see diagram). The four a-joining squares make up one drill. You will likely need two, depending on how many of your athletes are present.



## Four Square Possession

The first way to encourage switching the play is by understanding once you possess in a small space (making a few tight passes), the defense naturally draws in toward the passes, therefore opening up a longer pass in new space (short-short-long). This drill is all about possessing in a tight space, then switching the ball out of that space into another (new box) through a slightly longer pass. Place 3 or 4 (preferably 4) offensive players in square #1 with one defender in the middle of the 4 who are placed in a diamond. One additional offensive player should stand in another square (e.g. square #2). (See second diagram below)

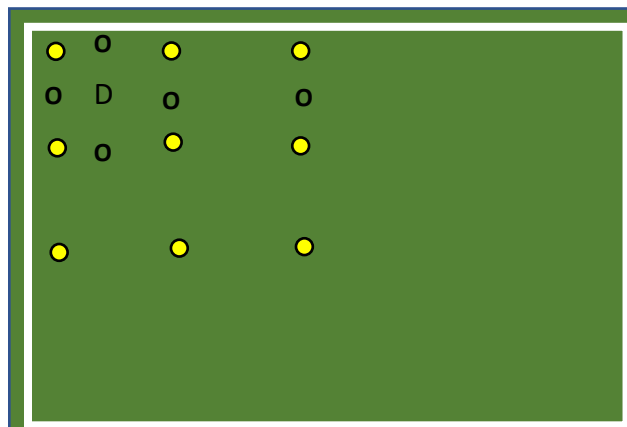
The four offensive players should attempt to make 3 passes inside the square, once three are achieved, the players should choose a good opportunity to pass the ball into their single teammate (waiting in the next square) so as to “switch the play”. Now three offensive players join the single teammate while the remaining offensive player goes to and waits in a different square (this should be accomplished swiftly and without stopping play, requiring the athletes to think through and assess the positioning of their teammates and defender). The objective is to possess the ball in a square, passing into a new one once 3 passes are achieved, with the end goal of making three passes in every box without the defender taking away the ball. If however the defender steals the ball or provides enough pressure the ball goes out of bounds, the defender switches with the player at fault, and the offensive passes reset.

Coaching tips: You want your offense to be successful but not TOO easily, in order to make it more difficult, make the grid smaller. To make it easier for the offense, make it larger.

In order to maximize space and time the offensive player waiting in the next square should be at the back side farthest away from the possession square; this will begin to teach the athletes how to maximize space through width and depth within a good passing distance.

Progression: If three passes becomes too easy, as said above make the grid smaller OR require more passes in each square before moving onto the next.

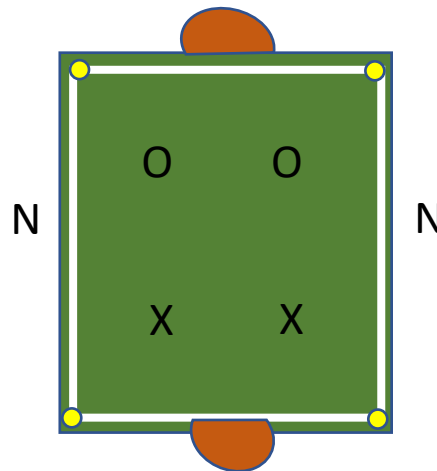
Progression 2 for Fun: If you were able to have two grids, start the ball in square one for each group and have them race to see who can get back to the original box first (by completing 3+ passes in each one).



## WATER BREAK

### 3) Minutes 10-15: 2v2 plus 2 neutrals

Set up: Set up one or two 15(L) x12 (W)yds fields using cones (you'll need 6 players per field and you can jump in as needed), PUGs used as the goals.



#### 2v2 plus 2 neutrals

Pair up your team, putting different colors on each team of two. This is a normal 2v2 game in nature, except this week the focus is on switching the play, so before a team can score, within their possession, they must pass to each (both) of the neutral players before scoring. If Team O passes to a neutral, the neutral plays it back into an O teammate OR the other neutral. However It only counts as both neutrals receiving passes if they have been passed by the O's not by another neutral! If team X steals the ball, they now attempt to pass to each N/neutral before they can score. The neutrals can run up and down the entire sideline but not cross the line to receive a pass. If it goes out of bounds, the ball should be played in by the neutral to whichever team did not last touch the ball out of bounds. Games should each be about 2 minutes at which point the neutrals should go inside and vice versa, or switch fields for different opponents.

Coaching tip: In this drill it is important the players realize if they want to open up to switch to the other side, they most often should use their **\*back foot** in order to do so most efficiently (rather than having to take extra touches to achieve it).

Coaching tip 2: players should be taught to read off each other. In other words, if a teammate checks in, the other should not remain checked in, but rather should get out of the space and stretch in depth. Same goes for making runs to the right and left; if a teammate opens up to the right, the other should often read off that teammate and move toward the left of the field.

**\*\*Back foot** refers to the foot that is OPPOSITE the side from which the ball is being passed. If the ball is passed from the athlete's right side, the athlete should open with his left foot in order to direct the ball from the Right side of the field to the left for example.

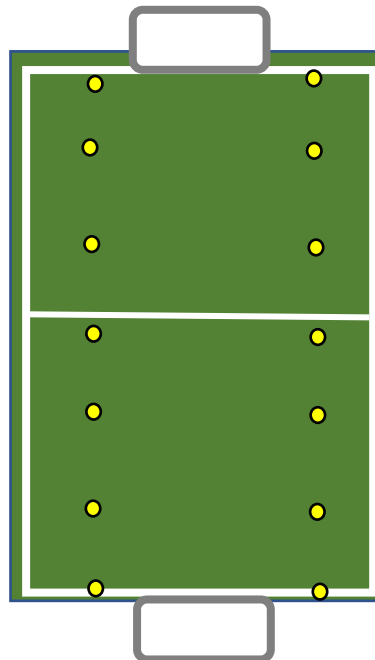
## WATER BREAK

### 4) Minutes 10-15 SCRIMMAGE with wing lanes

In order to now apply the theme throughout this practice while getting into larger size field, create a lane from one goal line to the other on each side of the field (see diagram). There are two options from here:

- 1) Place your wingers inside the lane (untouchable, no defense) as neutrals or one per team if scrimmaging another team, requiring your team to find one or both wings before scoring.
- 2) Require each of your outside midfielders to get into the lane and receive the ball inside the lane on each side before they can score; the difference with this option is the outside player does not STAY in the lane but must still receive it in the lane.

\*If you choose with these options to make the lane offensive only (No defense/pressure) you may want to give them a touch limit.



### 5) DEVOTIONS- WEEK 6.

Finish in Prayer