

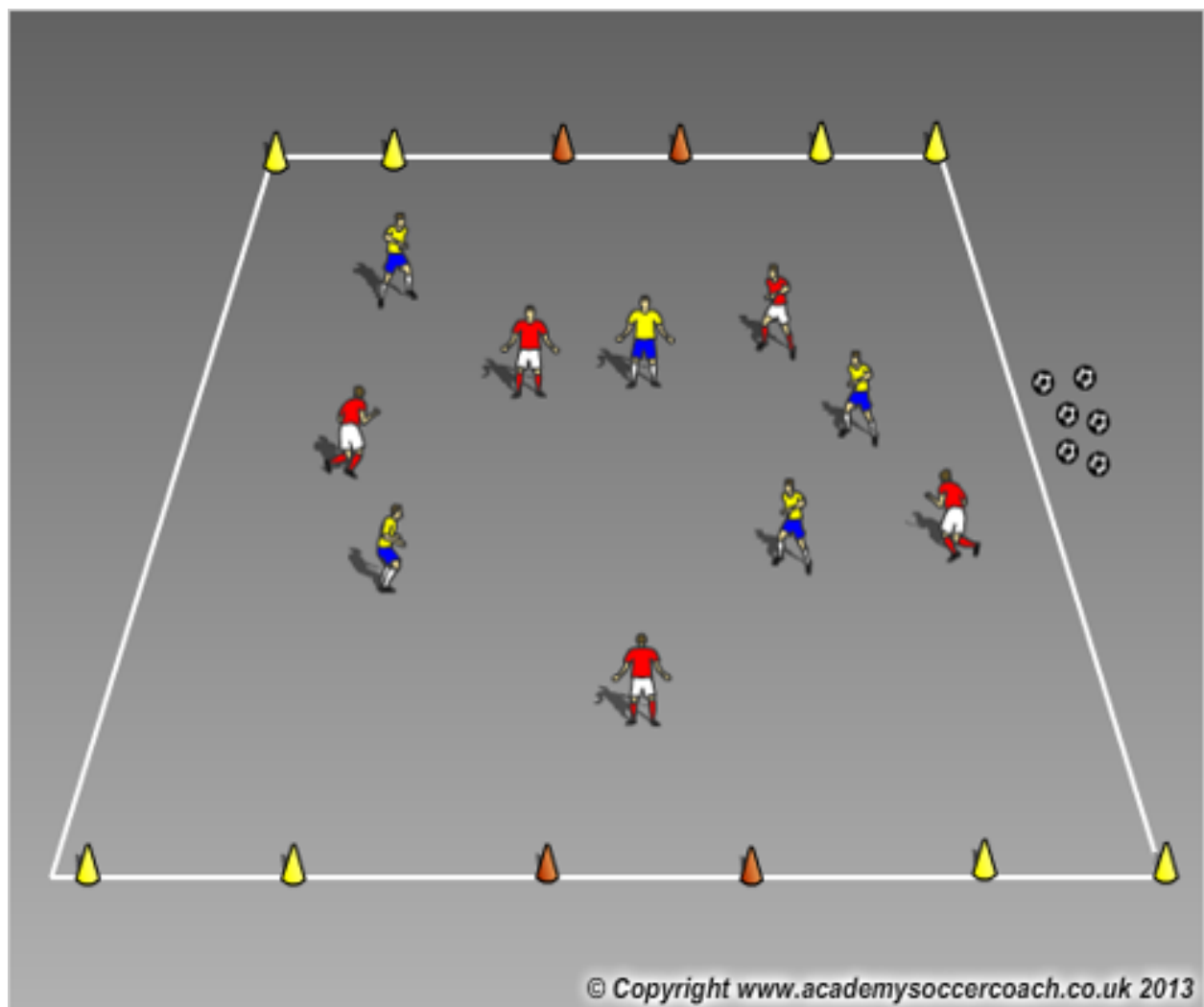
Switching Play

POSTED ON DECEMBER 20, 2013 BY LOUIS LANCASTER

★★★★★ (1 votes, average: **5.00** out of 5)

Football Equipment for the switching play training drills: [football cones](#), [footballs](#), [football bibs](#) and [football goals](#).

Drill 1.



Structure:

-Set up the area as above.

Rules:

-Reds and yellows having a fight in the middle.

-Each team attacks one end.

-They can only score by dribbling the ball securely through one of the three gates.

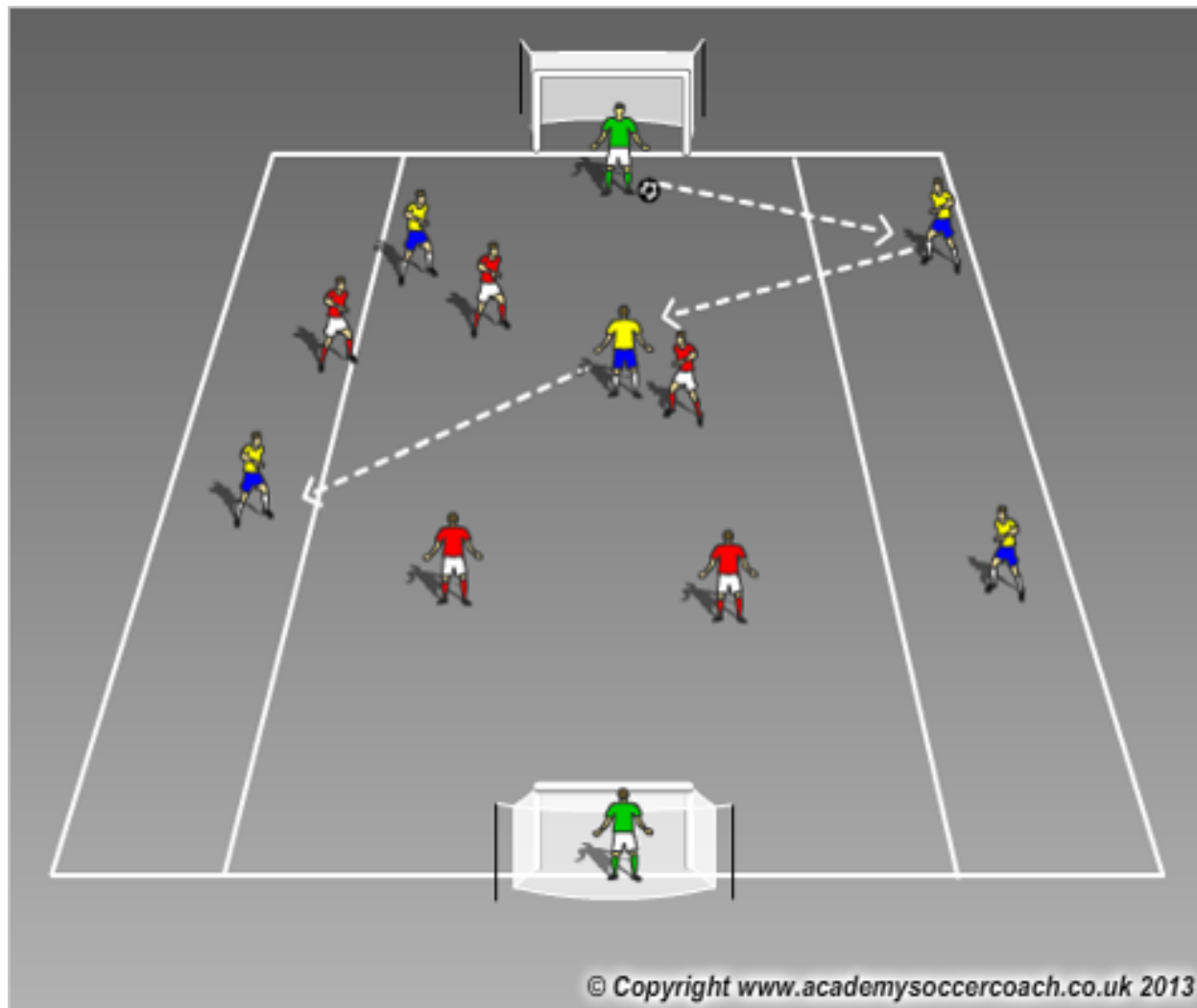
Tips:

-Dispersal, movement, support

Progressions:

-Wide gates are 1 point, central gate 2points.

Drill 2.



Structure:

-Set up the area as above.

4v4

-Before a team can score they must visit the wide areas twice.

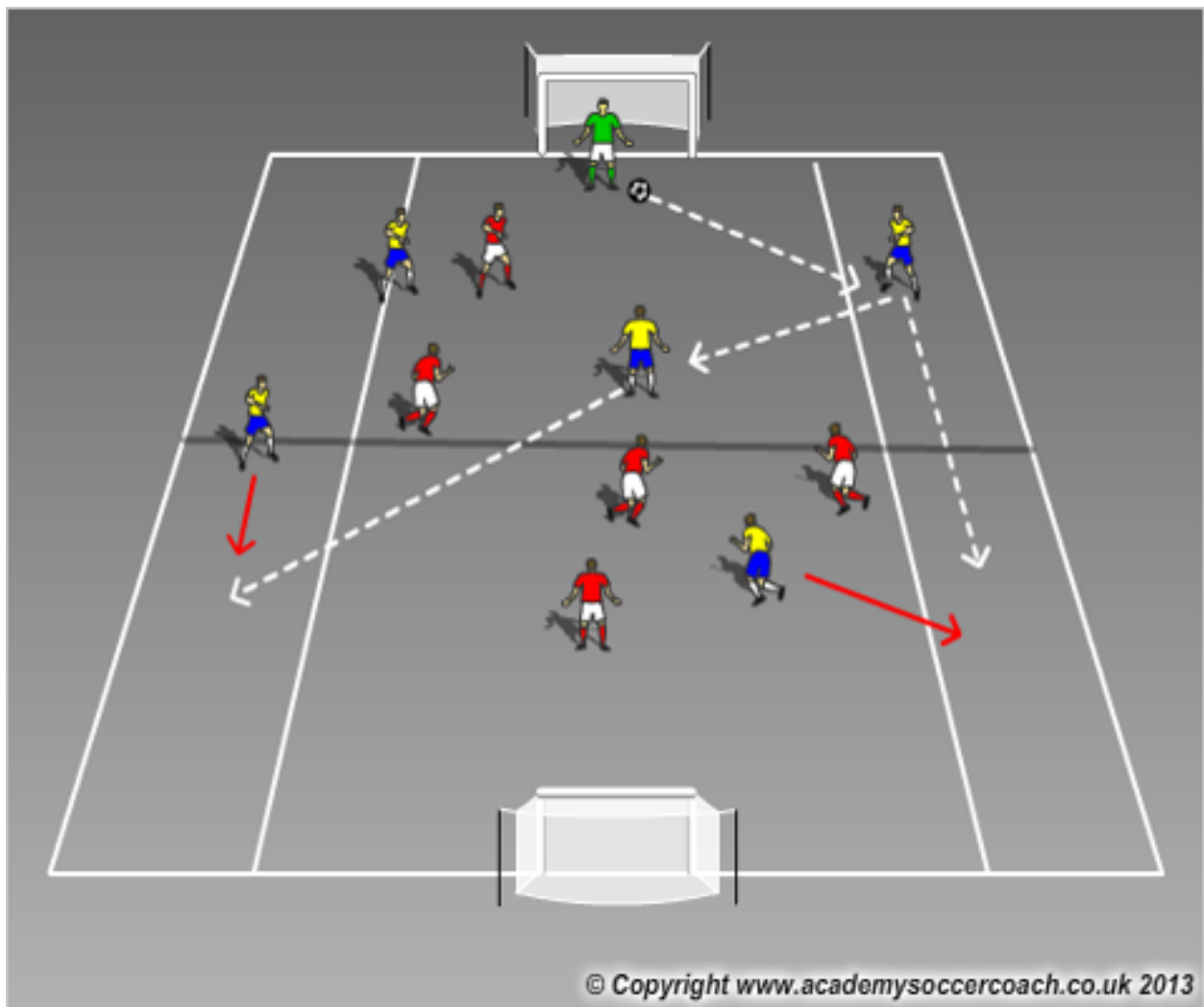
-They can visit the same channel twice or use each one.

-They can also switch the play from front to back in the wide channels.

Tips:

-Dispersal, movement, support

Drill 3.



Structure:

-Set up the area as above.

Rules:

-Same as the previous game with a different points structure.

-Visiting the channel and then again in your own half results in 1 point if they score.

-Visiting the channel and then again in the opponents half results in 2 points if they score.

Progressions:

-3 points if they identify when to go through the middle and score.