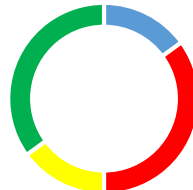
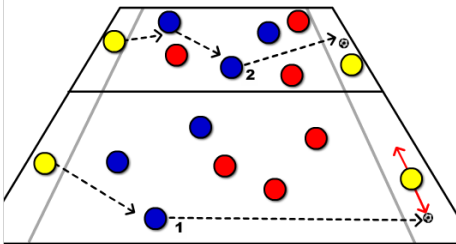
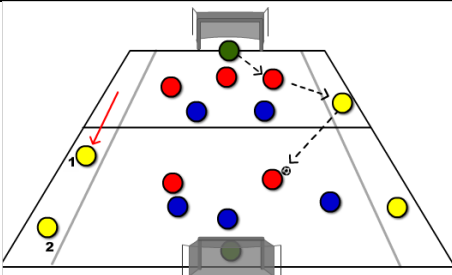
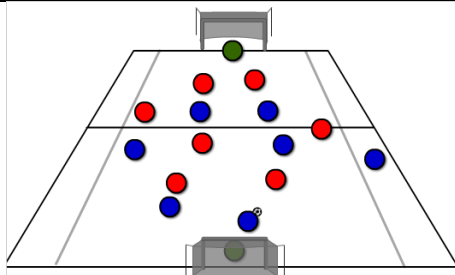


COACH	DAN WRIGHT	SESSION	SWITCHING THE PLAY		
TIME AVAILABLE	90 MINS	NUMBER OF PLAYERS	16	DATE	
AGE GROUP	U11/12	CLUB/GROUP		LOCATION	
TECHNNICAL	PSYCHOLOGICAL	PHYSICAL	SOCIAL	SESSION BREAK DOWN 	
How to receive the ball under pressure When to release the ball When do we retain ...combinations Run with ball or pass?	When do we look to switch play? Players in space? Threat? Pressure? Why do we need to switch play? To play out To penetrate/attack 3 pictures	Players challenged to offer width and constant support . Support – behind, around and beyond	Players ‘work out’ how to transfer ball from end-to-end Choose who players where and organise when/how to rotate Communication – set, bounce, man on, play in		
PRACTICE ONE		PRACTICE TWO		PRACTICE THREE	
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PRACTICE 1: 3V3 WITH TARGETS		SSG: BREAK DOWN AREAS		SSG: RECOGNISING WHEN	
Players working on half a pitch, play a 3v3 with ‘neutrals’ in end zones. Picture 1 – receive back foot and play forwards ‘in’ Picture 2 – receive, combine with teammate Picture 3 – ‘bounce’ back to target Targets understand movement and support Targets recognise how and when to play ‘through’ to each other (penetrating pass) Communication, especially from targets		SSG with ‘zones’, teams set up in GK-3-2 formation with yellow ‘neutrals’ playing in wide areas. To start players locked in zone. CF & DF, Yellows play in both wide zones but can swap and combine. Play out – width and patience. 2 wide defenders split, use yellows to form a 5 v 2 overload. Explain how we ‘get out’...use width, can we play into strikers? Creating attacks - width to worry defenders...spaces/ bubbles between, Combination play between neutrals and using neutrals (over laps, underlaps, 1-2’s, jacks, dummy runs) Progression – Yellows can be tackled, yellows can roam from wide areas, come ‘off the line’		Increase realism, remove yellows. Keep ‘zones’ for reference Game 1: Ball must be played into a wide area in the build up to a goal. NOT score from a cross but encourages width and switching play when on Game 2: Variation – can or cannot be tackled in wide zone 1 player in wide zone? All in?	
DEBRIEF/PLENARY					
Do players recognise why we might want to switch play? Do players recognise when to switch play? Do players understand when and how to offer width? Players understand the importance of width....when playing from the back and in attacking/creating goals?					