



# PEI SOCCER - SWITCHING POINT ATTACK

**Category:** Tactical: Switching play  
**Difficulty:** Moderate

Reseller-Club: Premier Users' Club  
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## Warm up

### Dynamic warm up + ball

10-15 mins

#### **EQUIPMENT:**

8 cones

#### **SET UP:**

25x25 yard square (set up two if needed)

6-8 players inside the square with 2 or 3 balls

#### **INSTRUCTIONS:**

Players dribble and pass the ball to each other.

After a player passes the ball they run to one of the cones while performing a dynamic movement.

They come back into the square and look to receive the ball again and do another dynamic movement.

Dynamic movement examples:

1. Running backwards around cone
2. Open or closed "gate" jogging out to cone
3. Side shuffles out and around cone
4. Sprint around cone



## SSG

### SMALL SIDED GAME (5v5)

#### **EQUIPMENT:**

14 cones

Pinnies (5 red & 5 blue)

Grid size (25x40 yards)

#### **INSTRUCTIONS:**

5v5

4 goals/gates (2 gates in each corner of the grid).

Red scores by dribbling through one of the "R" gates

Blue scores by dribbling through one of the "B" gates

#### **COACHING POINTS:**

Team shape - forward staying high and wingers wide as possible to create space

Support the player in possession by getting into positions to create triangles behind and in front of ball.

Help players recognize when to switch the point of attack (defenders are blocking one of the goals)



## Activity

#### **EQUIPMENT:**

16 Cones

Pinnies (4 red, 4 blue, 1 yellow)

#### **SET UP:**

30x25 yard grid

6x6 yard square in middle of grid (adjust size depending on level of ability)

4v4 with neutral player (yellow) inside the box

#### **INSTRUCTIONS:**

Red and blue teams keep possession

Only neutral (yellow) is allowed inside the central square.

Team in possession try to pass to yellow player in the square.

Yellow player must pass out of a different side of square they initially received it from.

If yellow player passes to a player to the team that had possession then that team scores a goal.

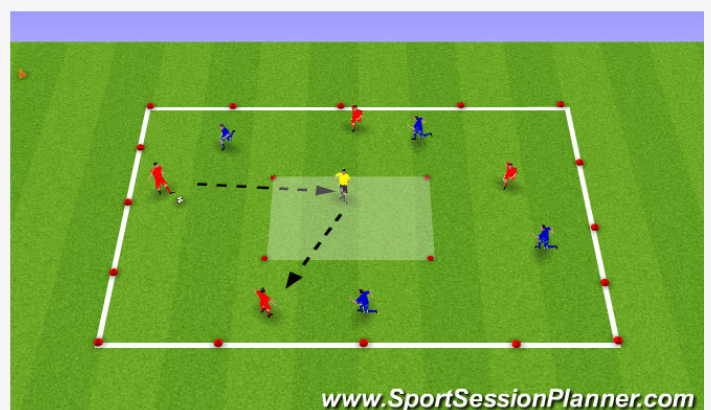
Yellow player has a max of 3 touches (decrease touches if player higher skill level)

Defending team win ball they now have to try and pass into neutral (yellow) player.

Progression - If the team in possession makes 5 passes without using neutral they score a point.

#### **PROGRESSIONS:**

Play 5v5 with no neutral player.



One player on the team that has possession can enter the square to switch the point of attack.

**COACHING POINTS:**

Team shape - make space big/spread out.

Angles of support to create good passing options.

Decision making - when to pass into neutral?

Neutral player should always be scanning and open body position to receive pass to play quickly