

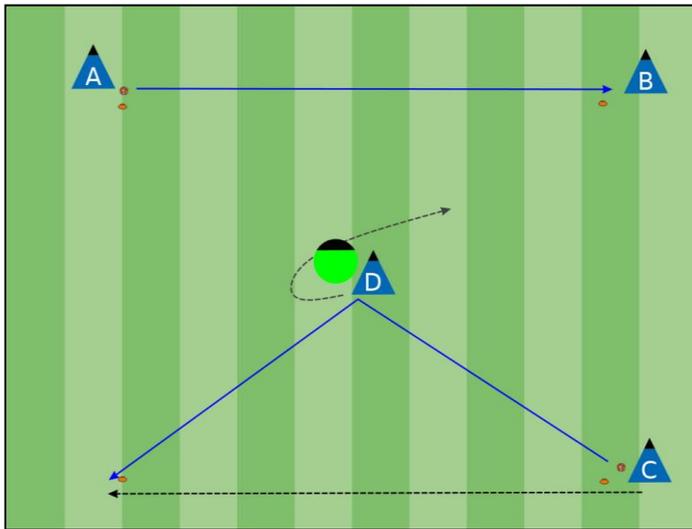
COACH EDUCATION LESSON PLAN

ADRIAN PARRISH, TECHNICAL DIRECTOR

Topic: Switching the Play in the Middle Third

Training Objectives:

Changing the point of attack to help the players understand how to create width and depth and the right moments of when to switch the attack instead of always forcing the play forward (focusing on the middle to attacking third)



Organization

Groups of 5 players, in a 15x 22 yard grid.

A passes to B

C passes to D. C then moves to the open corner.

B then passes to D and moves to the open corner.

C passes to A.

D is being shadowed by a defender. Progress to allowing the defender to try and win possession.

Coaching Points

Focusing on the player in position D, working on movement and creating space. Using body to protect the ball, letting it roll across the body. Check shoulders, fake to create the space away from defender

Organization

Three teams of 5 in a 40 x 36 yard grid.

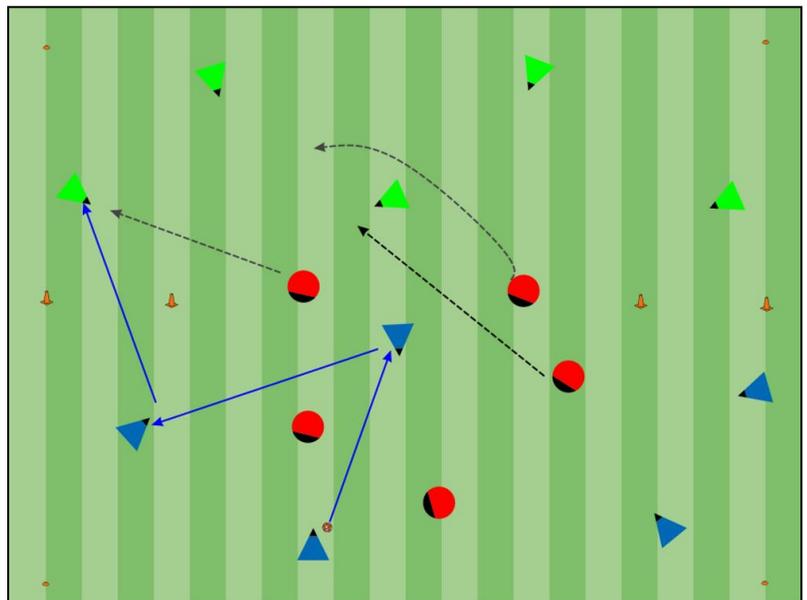
One team maintains possession versus 3 defenders with two defenders closing the central area. Ball is moved around to try and play through the side goals or can even be played central if the gap opens.

Team that loses possession goes on the middle.

2 points for playing through the middle, one for getting it through a side goal.

Coaching Points

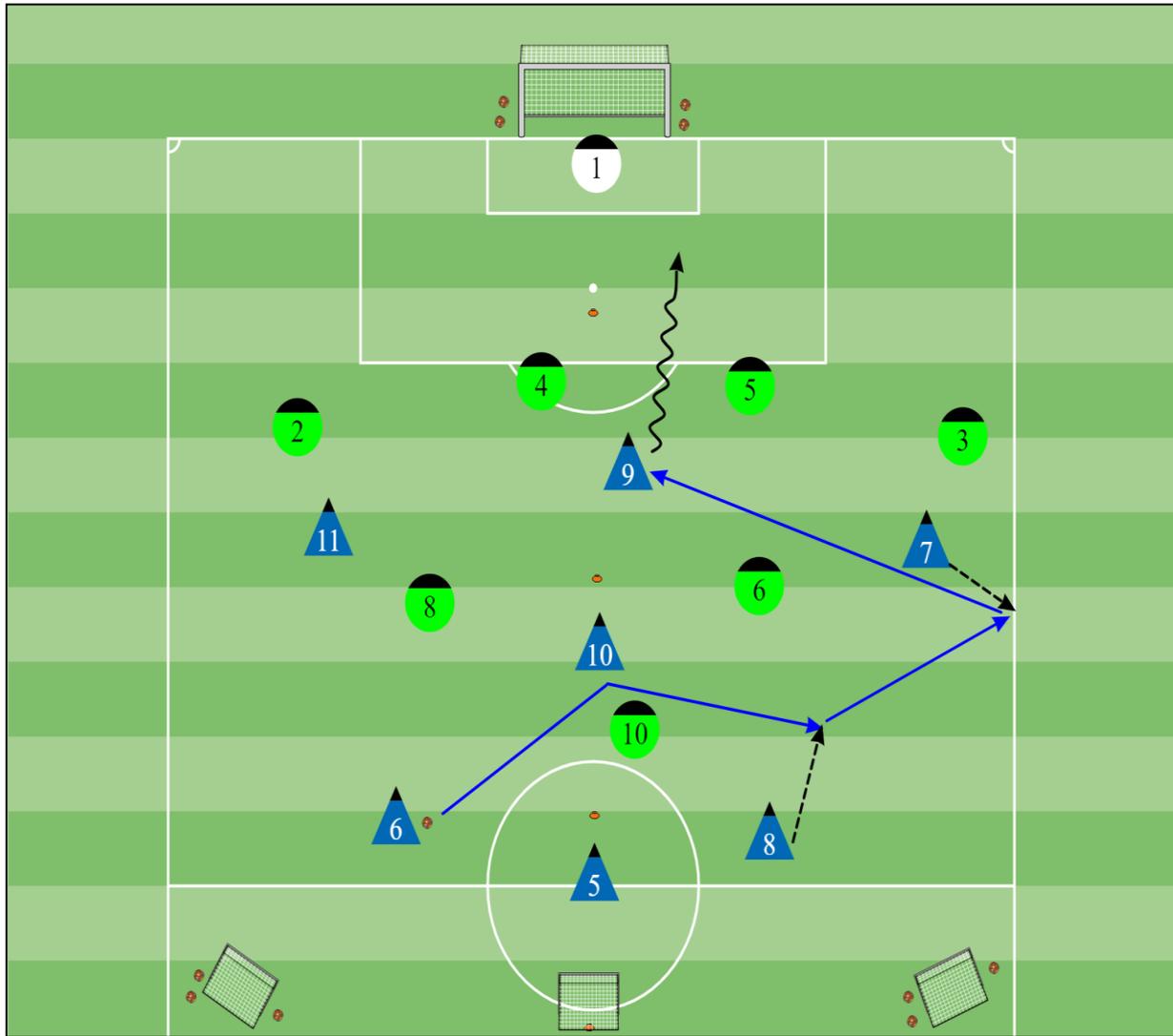
Rotation of Players, players must not hide and want to get on the ball, look for the space, move the ball to move the opposition, get into positions early to move the ball forward when its on.





COACH EDUCATION LESSON PLAN

ADRIAN PARRISH, TECHNICAL DIRECTOR



Organization

8v7 on half a pitch, attacking team scores in the big goal. Defending team has three counter goals. Place a line down the middle of the pitch and if it can be switched from one half to the other and the team goes on to score it equals two goals. Try to encourage the defensive team to lock it in on one side.

Coaching Points & Questions

Move the ball to move the opposition, as the ball is moved across the pitch players need to create width. Create 2v1 or 1v1 Situations.

Questions to ask players

- 1.** What is the purpose of trying to switch the point of attack?
- 2.** How should you position your body upon receiving possession to try and switch the point of attack?
- 3.** If the switch is not on what to you do with possession?