

Passing to Change the Point of Attack

Category: Tactical: Switching play

Difficulty: Moderate

Reseller-Club: Ohio University

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Description

Find moments to switch the point of attack and then IMMEDIATELY seize your opportunity to attack.

When done with these 2 activities, play 1 large game or 2 smaller games with no restrictions.

Rondo to Goal (15 mins)

Setup: I'm going to show two versions of the same drill, so you can pick the one that will work best for you. A: If you have access to a field and a goal, create a square as shown. Use the 6 yard box (20 yards wide) as a reference and extend it to the top of the arc (22 yards). Setup a Rondo of 5v2 or up to 8v3 if you have the numbers for it. Crucially, you'll have a goalie for this, as well. B: Create a smaller 10 by 10 square with two small goals made of cones about 15 yards away, experiment with the angles.

Object: After reaching a target number of passes, the players may shoot on goal, or dribble to the cone goals. For the GK's safety, no shots within the 6 yard box.

Timing: Switch defenders if they win the ball cleanly. Knocking it out won't do.

Coaching: Move the ball back and forth until you have a clear shot or path to goal. Be patient and find your opportunity. Try to pass the ball further than the closest player to you, otherwise the defense is already there.



Multi-Goal SSG

Setup: Create a field as shown above. Use a real field and goal if possible and the other side use mini goals or just cone goals. If you have no large goal, make both ends small goals. 3-5 yards wide for cone goals is perfect. Create 2 even teams, if using a goal, one team will have an extra player as GK (by design).

Object: Simply score. If one mini goal is defended heavily, switch the attack to a less defended goal. Find the 'weak side' and exploit it. The trick is to do so quickly before the opposing team can recover and defend.

Timing: 20 minutes is great here. Try not to go longer, or take a break and do 2x 15-minute games. If you are using a full sized goal with a GK, have them switch at a half time OR switch each time a goal is scored.

Coaching: Play with your head up to identify weak side. Communicate with the player in possession. Take space when and where it exists. Do not wait, when you have a numerical advantage, use it and score.

