

Switch up

When one side of the pitch is blocked by the opposition it is vital to “switch play” and move the attack to the opposite side of the field. A switch of play is used to create space to attack on the wings and may involve a 1v1 or 2v1 situation on that side of the pitch.



What you tell your players the session is about

1. Improving a range of passing techniques.
2. Taking the ball from one side of the pitch to the other quickly.
3. Creating space to dribble in a 1v1 situation or creating a 2v1 overload.

Session planner

Warm up 10 mins	Session 10 mins	Developments 15 mins	Game 20 mins	Warm down 5 mins
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Activity	Kit	Outcome
Warm up	One ball, cones	Players turning to change the play from <i>The Ultimate Football Warm-ups Manual</i> , exercise 70
The session	Balls, cones	Receiving the ball and passing to switch the play
Development	Balls, cones	Switching the play and then supporting the player in possession
Game	Balls cones, goals	Switching play to the wide player who can now use the space to dribble 1v1 or cross the ball
Warm down	n/a	Gentle jogging and stretching exercises



Where it fits

Individual skills: Passing, receiving, receiving to turn, vision, communication, supporting runs, awareness of space

Team skills: Communication, movements to receive, combination play

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What to think about

- When switching play you can use a range of short passes or one long pass to move the ball from one side to the other.
- The passes must be at top speed so opponents do not have time to cover the other side of the pitch.
- Once the switch is made, the attacker must take advantage of the space by dribbling forward at pace.





Set-up

Create a 30 yards by 30 yards area, followed by a 60 yards by 40 yards area for the final game.



What you get your players to do

Split the group into three teams with three players. Working unopposed, a player receives the ball from a team mate on the outside of the square.

He switches the ball to the third team mate on the opposite side and queues behind him. The player on the far side gives the ball to the first player who has now entered the pitch. The players must avoid each other in the centre. Work for two minutes on each of the following techniques.

1. Dribble to switch.
2. Low driven pass to switch.
3. High lofted pass to switch.
4. Combine with a team mate to switch.



What to call out

- “Know where you are on the pitch (close to the side)”
- “Can you change/switch the play”
- “Dribble forward and use the space created”



Development

Split the group into three teams. The outside team are targets, the other two teams play a possession game in the centre of the pitch. Whoever has possession of the ball switches it to a player on the outside, who must make a switch to another player on his team before the ball is passed back into the centre. This forces the two teams in possession to make quick switches of play and then run to support the player in possession.

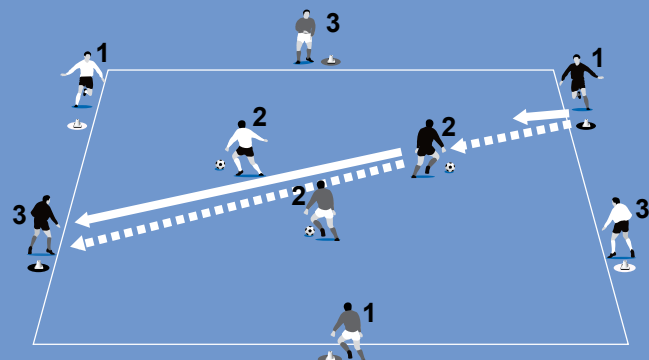


Game situation

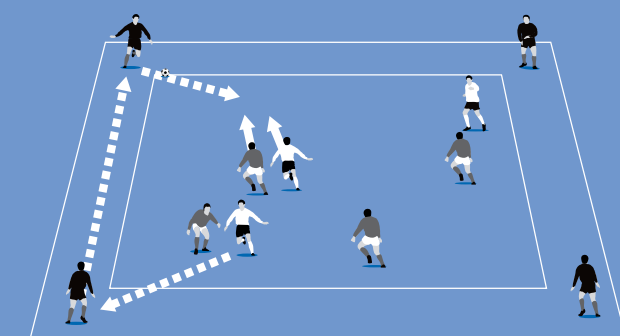
Play a small-sided game in which each team has two wide players. Before you can score a goal the ball must be switched out to one of the wide players. The wide player dribbles the ball forward on the outside to cross or dribbles on to the pitch for a 1v1 situation.

Switch up

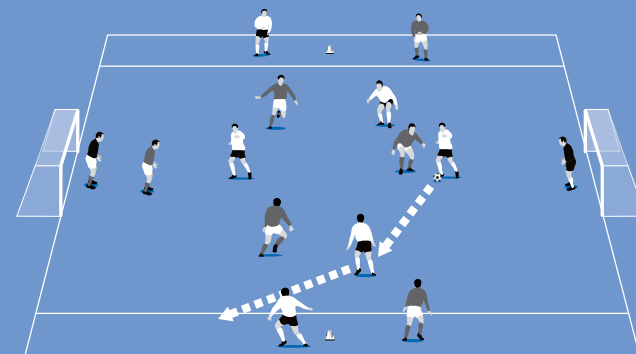
player movement pass/serve



Player 1 of each team passes to a team mate (2), who switches play to a team mate (3) on the opposite side and runs to wait behind him.



Use three teams, the two in the middle compete then pass to a player on the outside team who switches play before returning the ball.



Using two wide players each, the team in possession switches play to the winger who can cross the ball in or dribble onto the pitch.