SWITCHING THE POINT OF ATTACK

Scan -> draw pressure -> switch early -> attack the weak side

SESSION OVERVIEW

SESSION AIM

Develop the ability to recognise pressure, move the ball away from it and switch the point of attack to exploit space.

THEME	PRACTICE 1	PRACTICE 2	END GOAL
Switching Play	**8v8 Mini-Goals**	**Jail Transition**	**8v8 to Goal**

WARM-UP | INTERPASSING & SCANNING

ORGANISATION

Mark out a 50 x 30-yard area. Split 16 players into two teams of eight and use eight balls. Players move freely around the area and interpass.

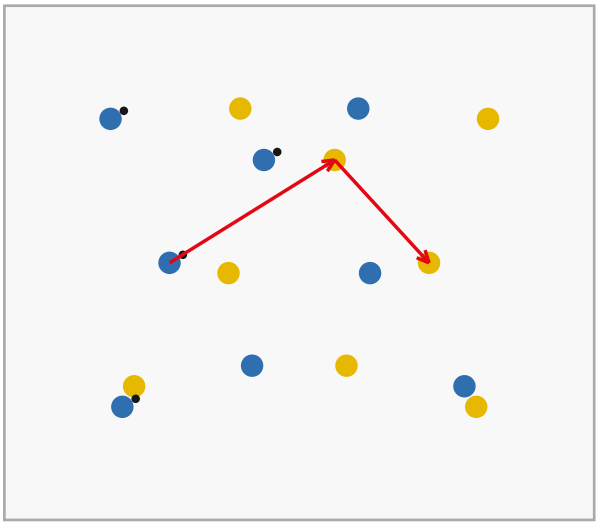
HOW IT WORKS

Begin with free passing and movement. Progress so players can only pass to a player from the opposite team, then encourage combinations such as wall passes. Finish by playing silently to force players to scan and use visual information rather than verbal cues.

COACHING POINTS

- Receive with a side-on body shape.
- Use a sharp first touch to keep the ball moving.
- Pass with accuracy and appropriate weight.
- Read visual cues before receiving and passing.

DIAGRAM



Free movement and passing with increasing demands on scanning and visual awareness.

PROGRESSIONS

1. Players may only pass to a player wearing the opposite colour.
2. Play silently to increase scanning and awareness.

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EXERCISE 1 | 8V8 TO SIX MINI-GOALS

ORGANISATION

Use a 55 x 70-yard area with three mini-goals at each end. Play 8v8 using team shapes that encourage width and different passing pictures.

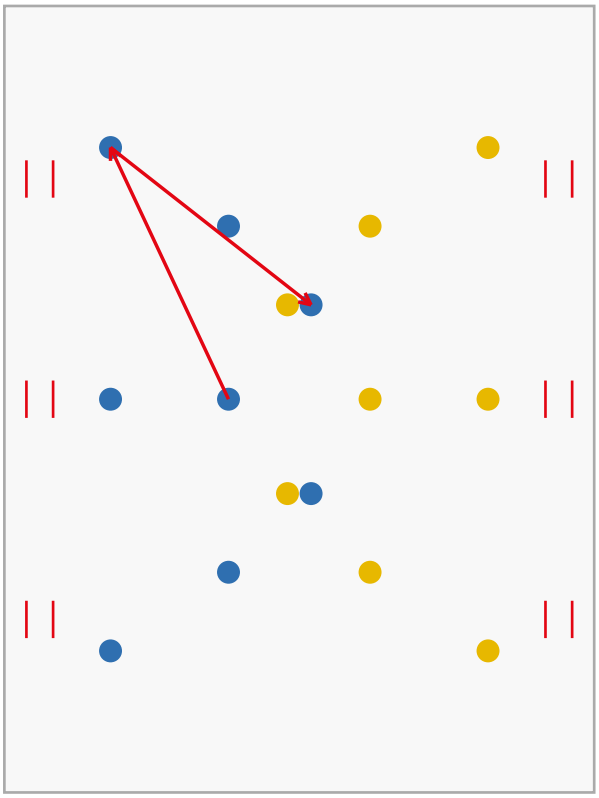
HOW IT WORKS

Teams compete for possession and score by passing or dribbling through any mini-goal. Encourage players to circulate the ball until the opposition shifts toward one side, then switch quickly to the weak side and attack the newly created space.

COACHING POINTS

- Build a rhythm that moves and unbalances the opposition.
- Switch the ball early when the opportunity appears.
- Select the pass from the visual picture.
- Use a positive preparation touch and attack beyond defenders.

DIAGRAM



Draw the defenders to one side, then switch quickly to attack another mini-goal.

PROGRESSIONS

1. Award two points for a goal scored within a few passes of a successful switch.
2. Limit touches for short periods to increase speed of circulation.

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EXERCISE 2 | 8V8 + GOALKEEPERS - JAIL GAME

ORGANISATION

Play 8v8 plus goalkeepers. Create a 10 x 15-yard jail on each side of the halfway line. Begin with one player from each team inside a jail.

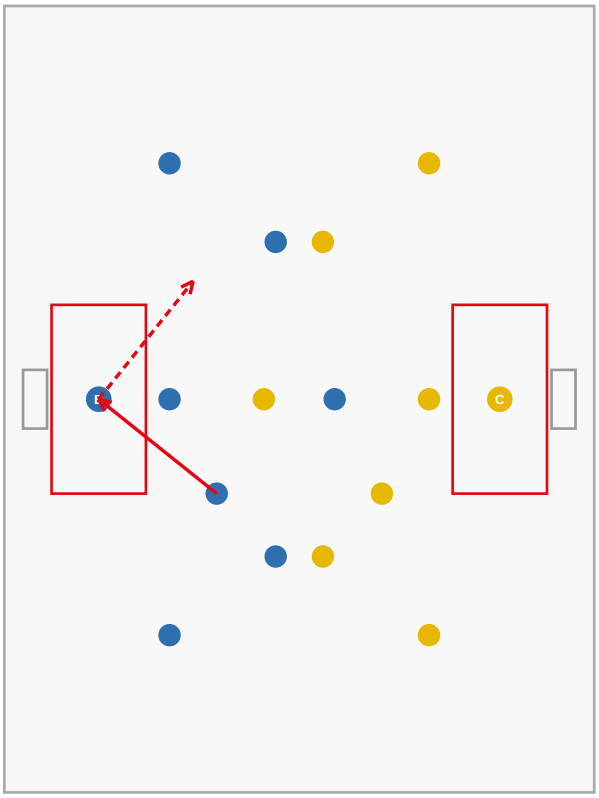
HOW IT WORKS

A team can only score when all of its players are out of jail. A player is released by receiving a pass from a teammate. When that player leaves jail, an opponent enters the jail, creating a temporary numbers-up situation for the attacking team. Encourage the free player to attack space immediately.

COACHING POINTS

- Exploit temporary numbers-up situations quickly.
- Find the most effective passing option rather than forcing play.
- Switch the ball to unbalance the defending team.
- Scan for penetration and play away from pressure.

DIAGRAM



Release the jailed player, create an overload and exploit the space before defenders recover.

PROGRESSIONS

1. Award a bonus goal if the released player is involved in the final attack.
2. Require the release pass to come from the opposite side of the pitch.

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FINAL GAME | 8V8 + GOALKEEPERS

ORGANISATION

Play 8v8 plus goalkeepers in a realistic game area. Use contrasting team shapes to create different opportunities for switching play.

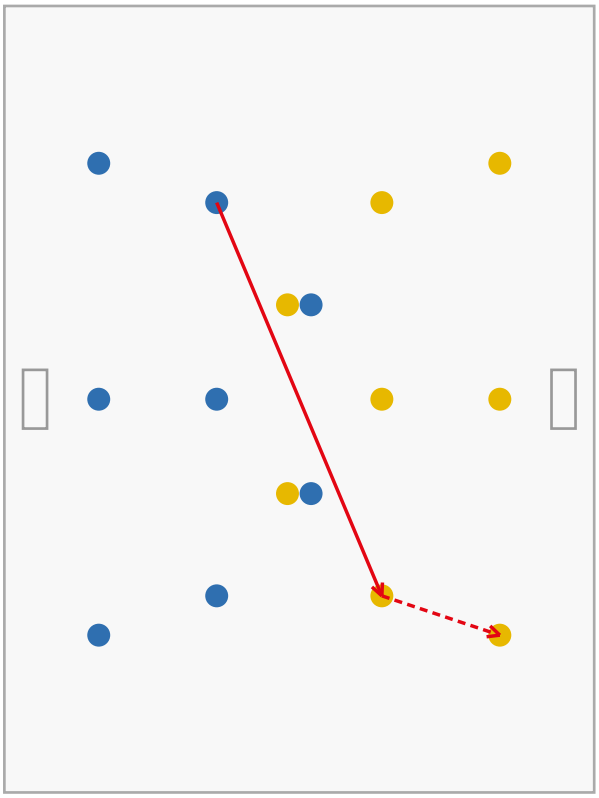
HOW IT WORKS

Both teams play freely and attempt to score. Encourage the team in possession to recognise when pressure is building on one side and switch the point of attack with an early diagonal or longer pass. Once the switch is made, the receiving player should attack positively before the opposition can recover.

COACHING POINTS

- Exploit numbers-up situations.
- Switch the ball early when possible.
- Take positive risks after the switch.
- Recognise pressure and play away from it.
- Look for penetrating passing options.

DIAGRAM



Final game: recognise pressure, switch early and attack the weak side with purpose.

PROGRESSIONS

1. Award bonus goals for attacks that include a clear switch of play.
2. Finish unrestricted and observe whether players switch naturally.