

No. of Players:

- 12-16.

Area Size:

- 35m x 25m.
- Divided players into three teams.

Explanation:

- *Immediate engagement* - For 1 minute, get into pairs with a ball and practice short, medium and long range ground passes within the area.
- Set up as shown (1). The Blues & Reds will be sharing two balls, while the Whites need a ball each.
- Reds can only pass to Blues, and Blues can only pass to Reds.
- Whites are 'Pests'. They run with their ball inside the area and try to disrupt the Blues & Reds.
- As we are looking to switch the play, players should be discouraged from bouncing back to the passer or playing the closest option (2).
- Reds will need to move along their lines to provide passing lanes for the Blues.
- Rotate the teams every minute or so.
- **Progressions:**
- Encourage players to switch with the use of both feet.
- Encourage players to use the minimum amount of touches possible. i.e. can your first touch set up your second pass for a 'switch'.

Concluding Competition:

- Setup as shown (3).
- Each team has a ball starting with the player on the left.
- The aim is to receive and switch through every player, with the ball ending up back with the starting player.
- Kicking off together, the team that gets their ball back to the start the quickest, receives a point.
- Rotate through the positions with each game.
- Mix up the conditions; left or right foot only, alternate feet, compulsory two-touch, etc.



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- 35m x 25m.
- Divide players into three teams.

Explanation:

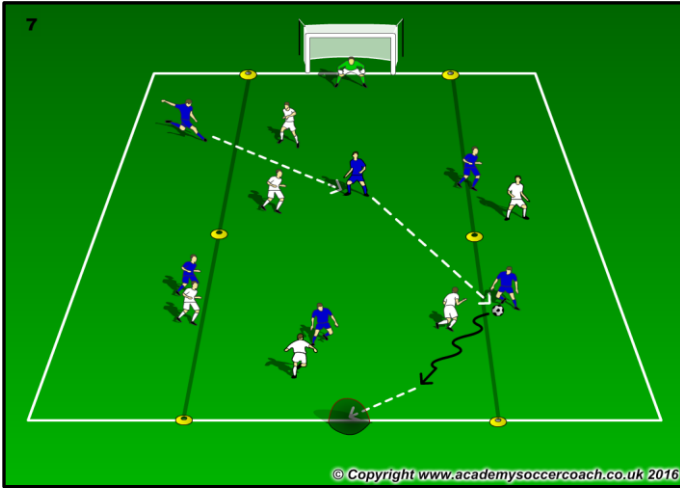
- Blues & Whites inside the area, and Reds on the sides to begin (4).
- Both teams are attacking the goal, however before they are allowed to score they must switch the ball to one of the outside players (5).
- With every turn-over of possession, the ball must be passed to an outside player before your team can attack the goal.
- All passes from the outside must be (attempted) along the ground.
- All restarts and Goalkeeper possessions, begin with the Coach playing a new ball in.
- Swap the teams at every goal, with the winner staying on.

Step Up:

- Teams must use both sides before attempting to score.

Step Down:

- Place two of the outside players on the far line by the Coach (6).



Area Size:

- 30m x 50m.
- Divide players into two teams.

Explanation:

- Set up both teams into formations that cover all channels of the pitch. E.g. for a team of six players use 3-3. Whilst not restricted, players should be encouraged to stay in their shape.
- Before you can shoot for goal you must work the ball into both the wide channels of the pitch (**7**).
- Swap the teams direction at the halfway mark.

Progressions:

- For the last few minutes of the game, take away the restrictions but award 'bonus goals' to any teams that recognise and execute a correct switch of play.

Step Up:

- 1 or 2 touch only.

Step Down:

- Play with two channels rather than three.

