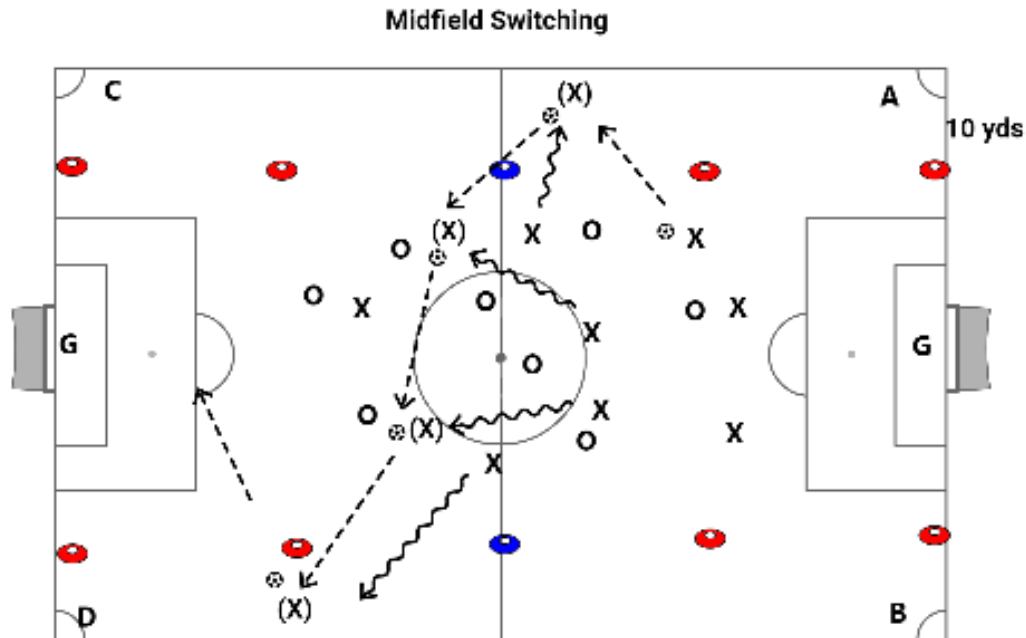


Soccer Training Activity

Topic: Midfield Switching

Purpose: Shift side of attack to put opponent off-balance and out of shape, creating space



Organization:

- Full field or half field
- Two teams with keeper, 8v8 full field, minimum 6v6 half field, formation to suit your team
- Two ten yard wide outside lines, separated into 4 zones by center field (blue cones)
 - Zones A/B: Team X defensive zone, Team O offensive zone
 - Zones C/D: Team X offensive zone, Team O defensive zone

Rules of Play:

After gaining possession anywhere on field, team in possession must play to an unopposed player into its defensive zone first. Then the team must shift attack to diagonally opposite offensive zone before attacking goal. Players cannot wait in zones, they must move into zone to receive ball. Encourage teams to use a maximum of two players to make the switch as shown in the diagram (3 passes). Switch as quickly as possible.

Progression: Once teams are switching successfully, allow one opponent to enter zones.

Coaching Points:

- Players will tend to pick zones they want to run into, which makes the game static. Encourage midfielders to enter defensive zones, strikers to enter attacking zones
- Players tend to hold on to ball, encourage quick passing
- After players play ball out of zone, they leave zone and join free play
- Encourage regular principles of support, creating and running into space, finishing quickly
- Play balls into nearest point in defensive zone, or to far defensive zone if there is near zone pressure