**U12-U18**

**Topic: Switching the Point of Attack**

**Objective: To help the players recognize when and how to switch the attack from crowded areas to areas with less defensive traffic**

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| Technical Warm-Up | Coaching Points |
| **Pass and Move:** Split players into groups of 3 or 4 (color-coded). Each group has a ball, inter-passing within their group. All groups are in the same grid playing through each other. (30x40 yard grid). **Coach:** have the players do the following * Pass using three touches only
* Striking short, short and long passes
* Striking short and long passes
 | * Technique of passing and receiving
* Passing with all surfaces
* First touch
* Getting in line with the ball
* Quick and proper angle of support
* Communication – Verbal Cues
* ***Time: 15 minutes***
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| Small-Sided Game | Coaching Points |
| **4v4 to 4 Goals:** Two teams trying to score in their opponents goals. If the players manage to score by switching the point of attack, the goal is worth 5 points. The playing area is a 30x40 yard grid.  | * Play in the direction you are facing
* Play short 1 touch passes to draw the defense in, then switch the point of attack
* After switch is made, move to support the new point of attack
* Some attacking players give depth away from the ball – ready to receive the switch
* Angles and distances of support
* ***Time: 15 minutes***
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| Advanced Small-Sided Game | Coaching Points |
| **5v5/6v6 to Six Goals** In a 40 x 50 yard grid, players are divided into two teams. Play with six goals located on end lines (50 yard lines). Each team attacks & defends three goals. Teams score points by dribbling or passing through goals. A goal scored in the central goal is worth 1 point and goals scored in the side goals are worth 5 points after switching the point of attack.  | * Play in the direction you are facing
* After switch is made, move to support the new point of attack
* Be patient, draw the defense in, then switch the point of attack
* Look to play the ball to space in front of the other outside player so he can penetrate with the dribble if possible
* ***Time: 20 minutes***
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| Scrimmage | Coaching Points |
| **6v6 or 8v8:**If 6v6, play in a 45x60 yd. field. If 8v8, play in a 55x80 yd. field. Play with Goalkeepers and encourage them to communicate with teammates.  | * All of the above
* **Time: *30 minutes***
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