Changing Direction/Switching Point of Attack

Category: Tactical: Inventive play
Difficulty: Moderate

Am-Club: Omaha FC
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Hand Ball (15 mins)

1) 3 Goals (Boxes 4 yds. x 4 yds.) set up in a large triangle approx. 25-30 yds apart
2) 2 teams, equal numbers playing handball
3) Rules similar to basketball (2 steps with ball, 2-3 second time limit to pass). If ball is dropped or hits gound before caught, result is a turnover at that spot. Pass must be caught inside goal to score. After a goal, is scored, a different goal must be attacked before returning to that goal. Defenders may not touch the opposition's players, only intercept passes. Defenders may not enter the goal areas. If pass is deflected by defense, first team to capture the ball gets possession.

Coaching Points
- Pass the ball quickly to the first available option.
- Field vision is key. Head on a swivel.
- Be willing to change direction of the attack frequently to keep defense off-balance.
- Mobility off the ball is critical.
- Instant transition when possession changes

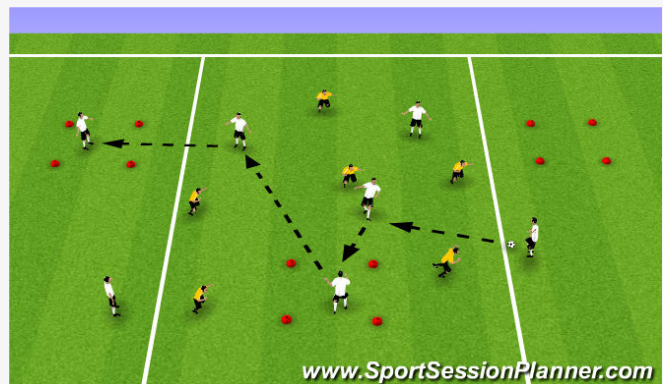www.SportSessionPlanner.com

3 Goal Game (20 mins)

Same field set up as Handball. Now soccer rules apply with same objective to receive a pass inside goal/box.
Emphasize same coaching points, now with proper soccer techniques.
End with a game; first team to 4 goals wins. Losing team collects equipment and performs additional physical exercise.

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6 v 6 + 2 to Three Goals (20 mins)

Play 6 v 6 + 2 Neutrals with each team attacking 3 goals.
3-touch restriction throughout.
Goal must be scored from the underlined attacking 1/2 of field.

Coaching Points
- To switch the point of attack effectively, team in possession should look to link passes with a central midfield or forward position as part of the sequence of passes.
- Look for variety of ways to change point of attack: Short-Short-Long, Up-Drop-Through, or series of other combinations to break down defense.
- Once point of attack proves to unbalance the defense, go foward with urgency in numbers-up situations to creae scoring chances.

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