



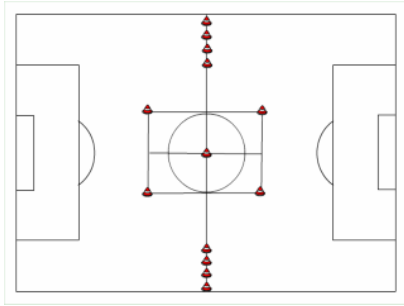
COACHING CLINICS WINTER 2007

SESSION 5

Central Attacking Play
Interchanging amongst central players

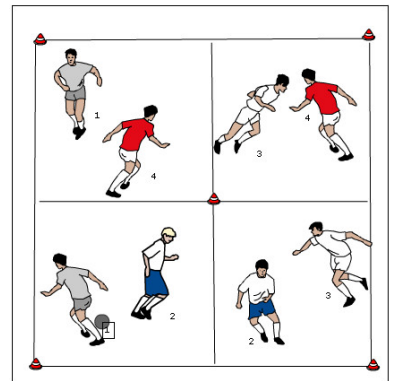
Session 5: Central Attacking Play Interchange amongst central players

1. Basic set up for this session



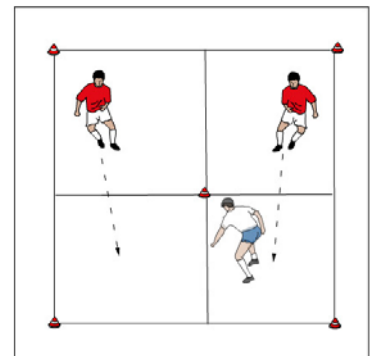
2. Interchange Warmup

- I. Always be in the opposite square of your partner
- II. Same as above, but this time each player has a ball at their feet and needs to keep their head up



3. Stay in front of your opposition

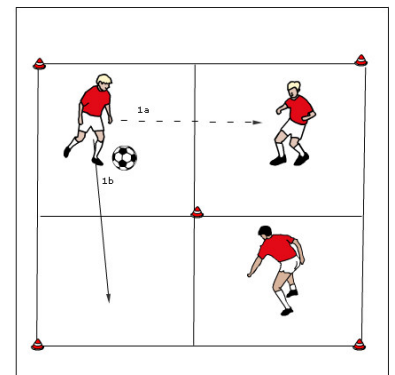
- I. Don't let your two opponents get behind you
 - i. Adjust your body shape as they run past you so that you can see them
 - ii. MF players should always have their body opened up to the field to see the play



4. Pass and follow into empty square

Key Points

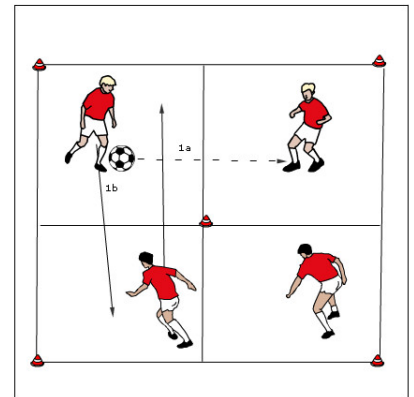
- I. Passing
- II. Vision
- III. Movement
 - i. Open touch
 - ii. 2 touch
 - iii. 1 touch



5. Pass into one square and interchange with a player in another square

Key Points

- I. Passing
- II. Vision
- III. Communication
- IV. Movement
 - i. Open touch
 - ii. 2 touch
 - iii. 1 touch



6. Interchange between two midfield players

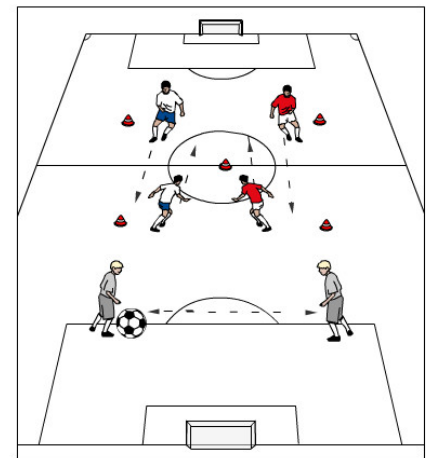
Two defenders pass the ball back and forth

The defenders first touch should always be going forward in order to have the ability to pass the ball into the midfield player. As soon as the first defender passes the ball to Defender 2, they need to drop back to provide a proper supporting angle. As the ball is getting passed back and forth the midfielders will do an interchange amongst each other.

CUES FOR AN INTERCHANGE:

- when the defender opens up to go forward
- as soon as the defender drops their head to pass the ball forward

The midfield players will interchange and the player coming towards the ball will one time the pass back to the defender

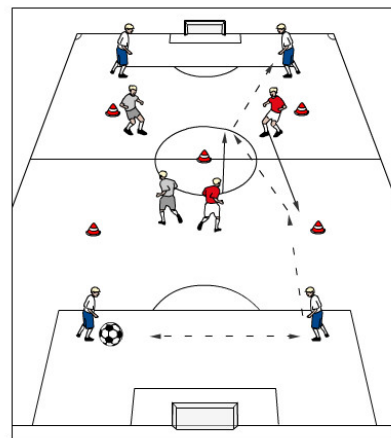
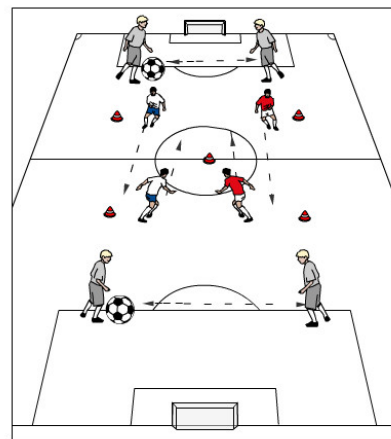


7. INTERCHANGE – Open up and play the ball forward

- I. Same as before, but this time the midfielder coming to the ball will open up and take their first touch forward and their second touch will be a pass into the forward.
- II. Body positioning – sideways on
- III. Take a look over your shoulder before receiving the ball
- IV. Once the forward has received the ball, they will now restart the play going in the opposite direction

VARIATIONS

- i. Open up and play a penetrating pass into the forward with the outside of the foot
- ii. Open up and lead MF player with a pass
- iii. Open up / Give and go with MF player

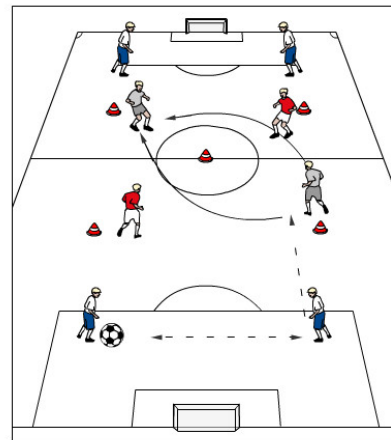


8. INTERCHANGE: Overs and Unders

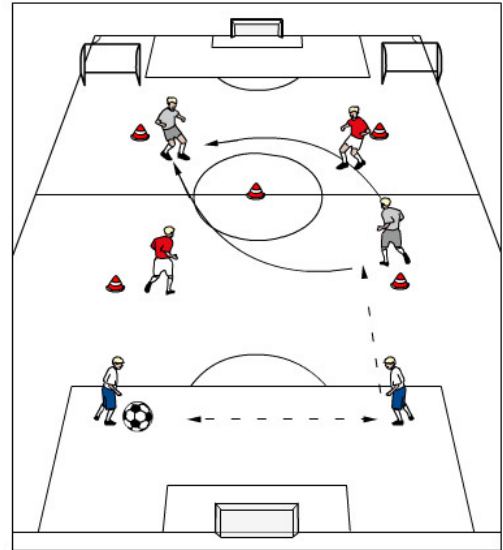
- I. Same as above, but this time the two midfielder interchange diagonally.
- II. The midfielder player nearest to the ball comes underneath the cone to switch

VARIATIONS

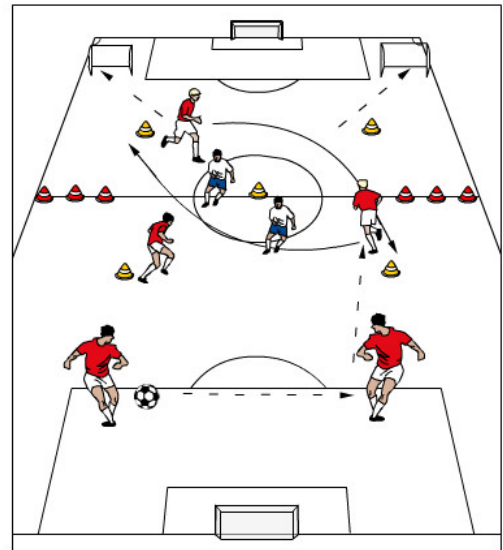
- i. Open up and play a penetrating lead pass into MF making the run into space
- ii. Open up / Give and go with MF player
- iii. As soon as the MF player receives the ball, the red player steps towards him/her, simulating a defensive challenge. The MF player combines with a give and go around the red player and plays the ball into the striker
- iv. It's important for the first MF player to go underneath the cone when switching so that the defender marking him/her doesn't see the incoming MF who is coming over top into the vacant space.



9. Same as #8, but this time the MF players have to look to combine and play a diagonal ball into the goal. This simulates switching the play across the field to the winger.



10. Add two defenders to simulate a real game situation in the midfield.
- I. Attempt to combine in the MF by making the proper runs and creating space for each other in order to beat the two defenders by getting the ball into the goals.



11. 11 v 6 to goal

- I. The red team can only attack through the central box.
- II. Once the three MF are able to play through the middle and get it to the strikers, two of the MF players will join in to the attack in an attempt to score on goal. One MF will stay back to provide cover and support in case of a counter attack from the opposition
- III. If the defending team steals the ball they have to counter attack by dribbling over the oppositions 18 yard line.

