



Switching Play

Category: Tactical: Switching play
Skill: U16

Pro-Club: York City FC
Tony Mee, Rotherham, United Kingdom

Screen 1

Based on a 4-3-2-1 with one of the top 3 dropping in/wide

1= front man who has dropped in/wide, ie 4-3-2-1 2= mid 3 3= full back 4= strikers 5= mid 3 who will look to get frwd to pick up 2nd ball from cross. 6= mid 3 looking to give full back an option but not to get too close to striker.

1 passes to 2, shapes up and switches play to 3 (full back in a 4-3-3) takes it down the line and crosses (low & hard or hi) option 2 can be play an early cross, if doing so, must communicate to strikers. Decision can also be determined by strikers hand movement.

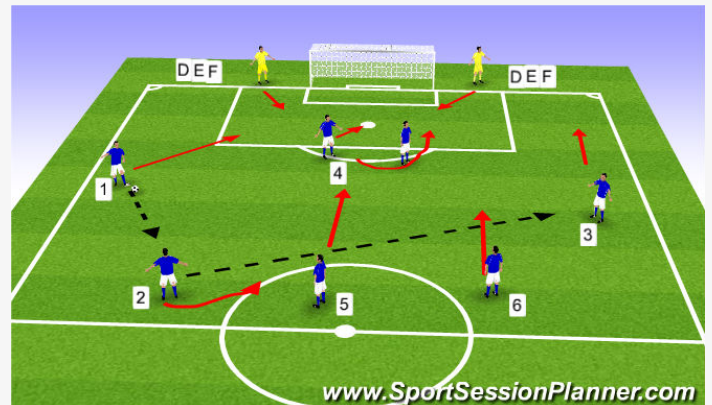
Note: Defenders come into play on 3's touch.

1 makes move into back post area

5 looks to get on 2nd ball from strikers

2 comes across to sit

Point out back three would shuffle across with RCB and 2 looking to provide cover for RFB.



4-3-3 Switching Play to cross & finish phase 2

Progression from Phase 1

1 plays into 5 who lays off to 2 who creates the switch pass to 3 allowing him to continue similar principles as phase one.

Note: 2 can continue support run and 5 sits with back 3 applying same rules as previous, (shuffle across)

Encourage Strikers to arch runs & take Defenders away before going.



4-3-3 Switching play with striker movent

Introduce Striker 1 & 2,

Striker 1 makes arch run away from ball & striker number 2 goes towards the ball to receive from FB.

Whilst this is happening 6 makes a burst to take the lay off from Striker number 2 who can either shoot or play in number 1 or play in 2 who also gets forward.

Note: 5 still sits in a holding role.

