

Switching Play Category: Tactical: Switching play Skill: U16

Game related Practice (60 mins)

Organisation

Pitch size and numbers to suit your needs.

How to Play

The Claret team (in possession) must attack and try to score in the goal opposite the half they receive the ball in. The Light Blue team must defend the goal (out of possession).

If the Light Blue team win the ball, they score by running the ball through either of the gates on the halfway line). If the Claret team win the ball back they attack the goal in the opposite half. Alternate roles.

Variations

Can be made directional for the team attacking the goals. (Position specific)

Team scoring in the gates must attack the opposite gate after scoring.

Team scoring in the gates can attack a goal after running the ball through the gate. (transitions).

