

Football

6v6 Switching Play

Setup: Set out a 60 x 60 yard area with a gate/goal in each corner. 2 teams of six with bibs and 1 ball.

Aims and Objectives: To develop running with the ball and space recognition. Each team looks to score by running the ball through the gate/goal at either side of the oppositions end zone. Concentration should be put on patient possession play and waiting for right moment to attack. Decision making is also important.

Key Points: 1. Possession. 2. Decision making. 3. Movement off the ball.

