

Topic: Changing the Point of Attack

Organization Unrestricted	Variations	Diagram	Coaching Points
Technical long passing. Groups of three, one ball between three. Stretch.	 Pass and support in a short-short-long rhythm. Player [not] striking the long ball runs in support of the ball and the target player. Alternate roles each time. Begin with short passing on the ground and then increase the distance and hit longer balls in the air. Vary the type of long ball (i.e., driven, bending or flighted) Keep it realistic – make sure the players are hitting moving balls. 	2	 ✓ Body mechanics and technique ✓ Preparation touch and angle of approach ✓ Eye on the ball and body position ✓ Accuracy, weight, timing and quality of pass (short and long)
Restricted			
4 v 4 v 4 (30 x 50 area or as needed). Begin with a team of (4) in each area. A Coach serves balls from the outside to one of the two outside areas. (2) defenders from the middle area can enter an outside area creating a 4 v 2 (as shown).	 Teams score by changing the point of attack through the middle. Continuous play until the ball is out of bounds or the defending team wins the ball. Play for time or have the defenders switch roles once they win the ball. Attacking team must pass the ball (2-4) times before switching the ball. Variation: once the attacking team changes the point of attack, they immediately rotate to defending and the defending team rotates into their attacking position – continuous. 	X O X 15 yds. O X X O yds. O 15 yds. O 30 yds.	 ✓ Play the way you are facing – don't force the ball ✓ Change the point of attack and penetrate quickly ✓ Disguise and deception of pass ✓ Pass selection – on the ground or in the air?



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