

# The switch game

The “switch game” has a number of small-sided games crammed into one simple pitch.

This type of multi-pitch allows the maximum playing time for your players and lets you develop their range of skills, techniques and tactics.



### What you tell your players the session is about

1. Improving game awareness.
2. Applying simple game tactics.
3. Mental development through coping with different games.

### Session planner

Warm up	Session	Developments	Game	Warm down
10 mins	15 mins	15 mins	15 mins	5 mins

Activity	Kit	Outcome
Warm-up	#25 continuous ladders	Footwork exercises to improve speed and movement
The session	Balls and cones, goal, mini goals, poles / mannequins	Each game is played for 3 minutes with a 1 minute break. The players are now aware of the game and the rules
Development	Balls and cones, goal, mini goals, poles / mannequins	On the coach's call of switch, games become random as the team's change their targets
Game	Balls and cones and goals	Normal game
Warm-down	n/a	Gentle jogging and stretching exercises



### Where it fits

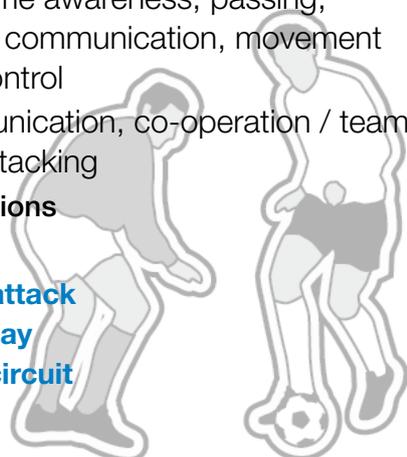
Individual skills: Game awareness, passing, dribbling, shooting, communication, movement skills, defending, control

Team skills: Communication, co-operation / team work, defending, attacking

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### What to think about

Each side of the pitch has a target requiring teams to find a different way of scoring. This forces the teams to employ different tactics:

- The two mini goals will force players to switch play in order to find the free goal to score.
- The end zone forces the teams to dribble the ball forwards.
- The passing targets force the team to play out of defence and pass forwards.
- The big goal combines the dribbling, passing forward and switching play with shooting skills.





## Set-up

- 30 by 30 yard area.
- If you don't have mannequins or access to 3 goals, mark them out with cones or kit bags instead.



## What you get your players to do

The teams play 4, 3-minute games with a 1 minute break in between.

In each game the teams are attacking and defending different targets, requiring different methods of scoring. The teams have to employ a new tactic in each game to be successful.

The goalkeeper is used in each game. If a team is defending the big goal, then the goalkeeper plays for this team. However, if no team is attacking the big goal, then the goalkeeper plays as a neutral player and gives the team in possession a one player advantage.



## What to call out

- "How can you score?"
- "Switch"
- "React to the next game"



## Development

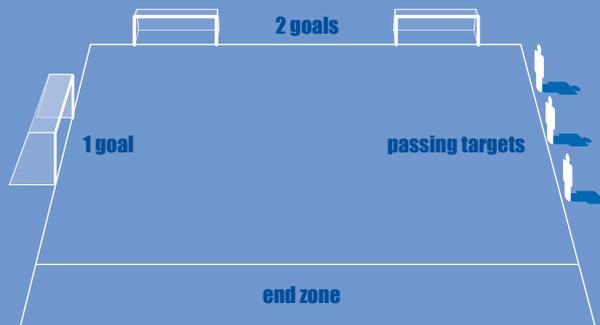
Rather than playing for a set amount of time you can call "switch" at any point in the game. The teams must quickly switch the game they were playing and rotate to defend the scoring line to their left.



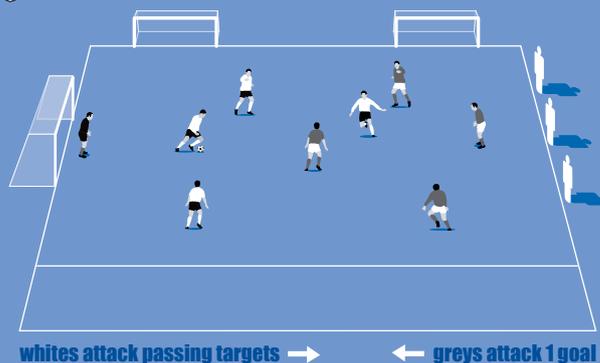
## Game situation

Play a normal game. The tactics learnt in the switch game should be applied in the normal game.

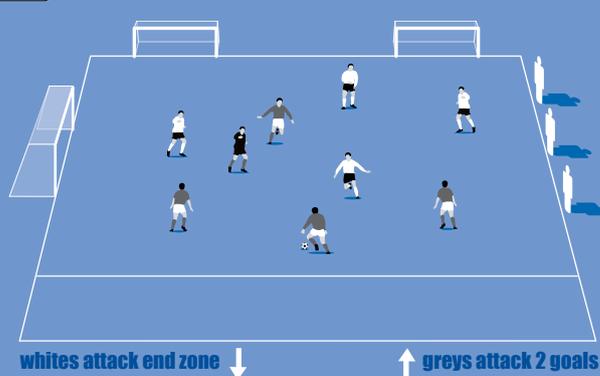
# The switch game



The initial set up of the 30 by 30 yard pitch with targets.



The grey team attack the big goal while the white team attack the passing targets.



On your call of "switch", the teams rotate left, the grey team now attack the two mini goals and the white team attack the end zone.