

## Fast-feet switch

Players will find the skills learned in this session helpful for when they want to change the direction of an attack or work their way out of a tight situation.



What you tell your players the session is about

1. Developing your ball control.
2. Switching the direction of an attack.

### Session planner

Warm up 10 mins	Session 10 mins	Developments 15 mins	Game 15 mins	Warm down 10 mins
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Activity	Kit	Outcome
Warm up	Balls	Dynamic stretching and gentle running with twists and turns
The session	Balls	Learning new close control techniques
Development	Balls, disc cones and bibs	Practising close control skill techniques against opposition
Game situation	Balls, disc cones and bibs	Practising repeated changes of direction in a game situation
Warm down	Balls	Gentle running, static stretching, ball work, de-brief and Q&A



### Where it fits

Individual skills: Creating space, close control

Team skills: Switching play

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### What to think about

The sole of the foot furthest from the ball drags it diagonally back and across the body. Then, the inside of same foot taps the ball diagonally away in the other direction. The ball should have travelled back towards and then away from the player in a "V" shape.





## Set-up

- A 10 yards by 10 yards grid, increasing to a 30 yards by 20 yards playing area with target zones coned off in each corner.
- 1 ball per player.



## What you get your players to do

Practise the technique of dragging the ball back across the body and away in a “V” shape 10 times without running. Then repeat with the other foot.

Now practise again, this time moving forward at a slow pace.



## What to call out

- “Be light on your feet”
- “Bring the ball towards you and then away”
- “Keep the ball close”



## Development

Players pair up and face each other. Repeat the previous drill, with one player acting as a passive defender, shuffling backwards as the player with the ball moves forward. Get the players to switch roles.

Repeat, but this time the players on the ball must use alternate feet as they move forward. The defender must threaten the ball and can steal it if the attacker loses control.

In a 10 yards by 10 yards grid, play a game of 3v1 keepaway, encouraging players to try out their new skills.



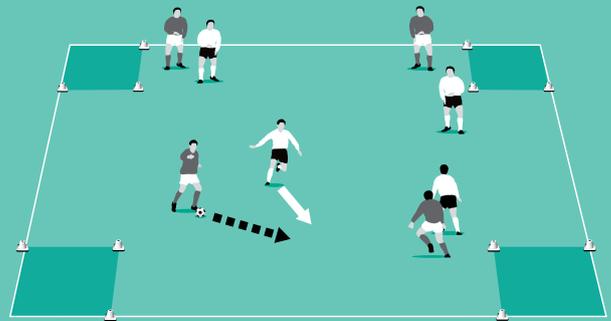
## Game

Play 4v4 in an area approximately 30 yards by 20 yards with four coned target zones, one in each corner. Either team can dribble, or pass to a player, in any target zone to score.

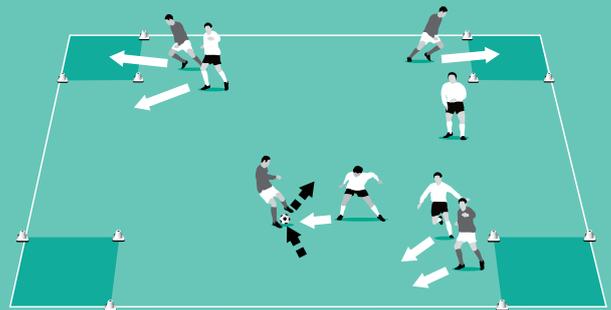
Once a team has scored in one zone, their next attempt to score must be in a different zone. This encourages players to switch play quickly.

# Fast-feet switch

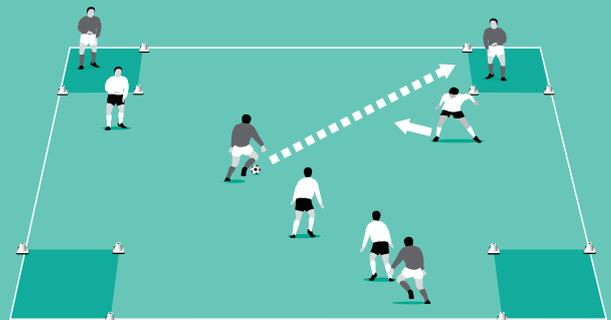
player movement pass dribble



The attacker gets closed down by a defender, shutting off one route to a target zone.



The attacker switches the focus of the attack by performing a fast-feet switch move.



The grey team scores by passing the ball into a target zone.