



Date: 3<sup>rd</sup> Feb 17

Team: U18

Time: 1830 - 2000




Location: City Academy

## SWITCHING POSITIONS: ALWAYS HAVE A “WINGMAN”

### Objectives

- Understand concept of strength in numbers
  - Avoid 1v1/1v2 situations
  - Increase numbers increases decision making of attackers which slows down their speed of play
- Importance of maintaining shape
  - Even though each player has a “primary position” they all play in every position if required. This is to ensure that support (wingmen) are always available where need all over the pitch
  - Ensures that no player is left isolated in 1v1, 1v2 situations

### Key

Indicator	Action
	Dribble
	Off Ball Movement
	Pass/Shot



# SWITCHING POSITIONS: ALWAYS HAVE A “WINGMAN”

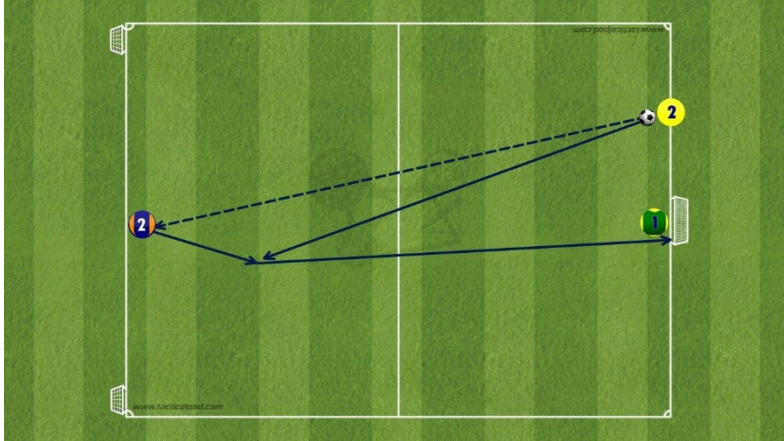
Date: 3<sup>rd</sup> Feb 17

Team: U18

Time: 1830 - 2000

Location: City Academy

Warm Up: 1830 – 1845  
Value Of A Wingman



## Instructions

1. Yellow passes ball to Blue
2. Blue then has to score against the GK
3. Yellow has to stop shot
4. If Yellow wins the ball then they have to hit small targets in far corners within 2 touches
5. Yellow and Blue swap after each rotation

## Key Coaching Points

- Highlight how much easier when have a “wingman”
  - Even 2v2 is easier than 1v1 as attackers have more decisions to make therefore defenders can force more doubt through nothing more than good positioning
- Dominate attack by taking up correct positions quickly then getting low and balanced ASAP
  - No need to dive in

## Progression/Regression

- If blue takes too long get shot away limit to 2 touches
- Add an additional defender to create a 1v2
- Increase to 2v2
- Split Yellows into 2 queues; 1 Yellow covers the centre as the other closes down the wide option. Close 2 passes before the next pair go.

## Setup

10 x 10 yards, 1 x ball, 2 x teams, 1 x GK



# SWITCHING POSITIONS: ALWAYS HAVE A “WINGMAN”

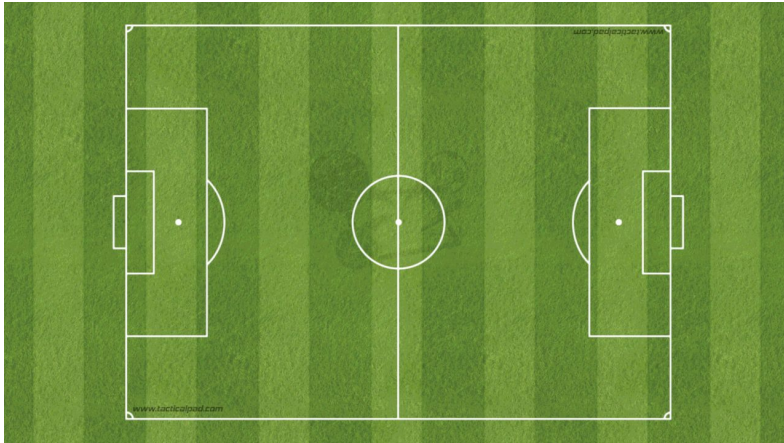
Date: 3<sup>rd</sup> Feb 17

Team: U18

Time: 1830 - 2000

Location: City Academy

Scene Setter: 1845 - 1850  
TBC



## Key Coaching Points

- None beyond setting the scene and clarifying the rules

## The Scene

TBC

## Instructions

TBC

## Setup

TBC



# SWITCHING POSITIONS: ALWAYS HAVE A "WINGMAN"

Date: 3<sup>rd</sup> Feb 17

Team: U18

Time: 1830 - 2000

Location: City Academy

SSG #1: 1850 – 1915  
2v2 Positional Swap

## Instructions

1. Directional 4v4 game (plus GK's) with each team restricted to 2 players in each half
2. Players can move between each half provided they maintain the 2 players per team in each half

## Progression/Regression

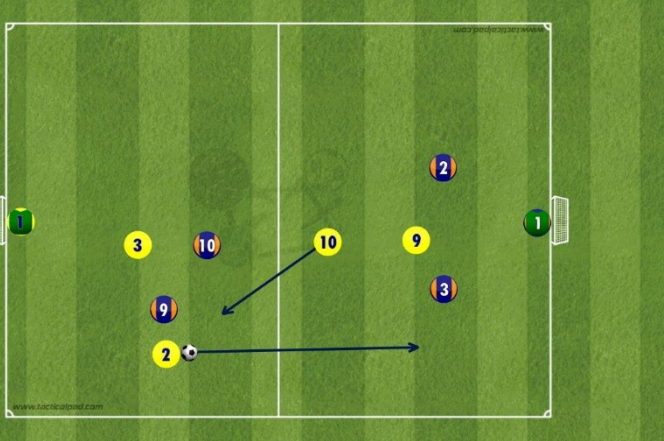
- If a player is defending then he can follow the attacker into defensive half creating a 2v3 (one of the attackers must still drop back)

## Setup

30 x 15 yards, 2 teams, 2 x GK's, 1 x ball

## Key Coaching Points

- "Never leave your wingman"
  - Even if it means leaving an opponent unmarked
- When creating 2v3...
  - How does defensive adapt it's shape?
  - How to do you counter when are 1v2 in the opposition half?
  - Answers to be both questions revolve around another question... "What is best for the team (not me)?"
- OODA





# SWITCHING POSITIONS: ALWAYS HAVE A "WINGMAN"

Date: 3<sup>rd</sup> Feb 17

Team: U18

Time: 1830 - 2000

Location: City Academy

SSG #2: 1915 - 1940  
3v3 Positional Swap

## Instructions

1. Directional 6v6 game (plus GK's) with each team restricted to 2 players in each half
2. Players can move between each third provided they maintain the 2 players per team in each third

## Progression/Regression

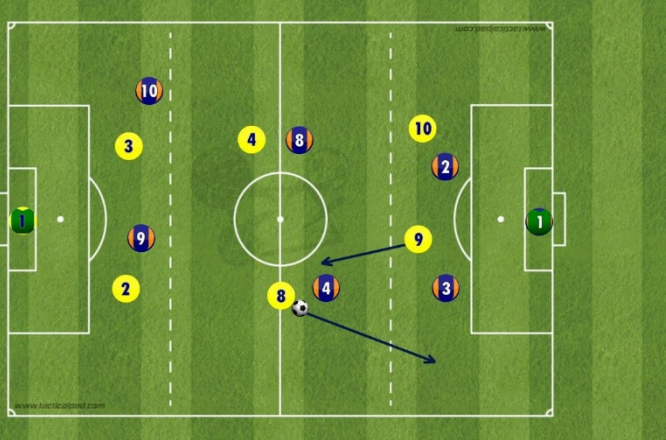
- If a player is defending then he can follow the attacker into next third defensive creating a 2v3 (one of the attackers must still drop back)
- Allow 3v3 scenarios in a third thus leaving space elsewhere in game

## Setup

30 x 32 yards, 2 teams, 2 x GK's, 1 x ball

## Key Coaching Points

- "Never leave your wingman"
  - Even if it means leaving an opponent unmarked
- How does both teams readjust when a 2v3/3v3 scenario occurs in one of the thirds
  - How can other teammates best provide support to the "active" third?
  - Read triggers to predict possibly outcome of current scenario (OODA)
  - Ask "what is best for the team (not me)?"
- Repeatedly apply OODA







# SWITCHING POSITIONS: ALWAYS HAVE A “WINGMAN”

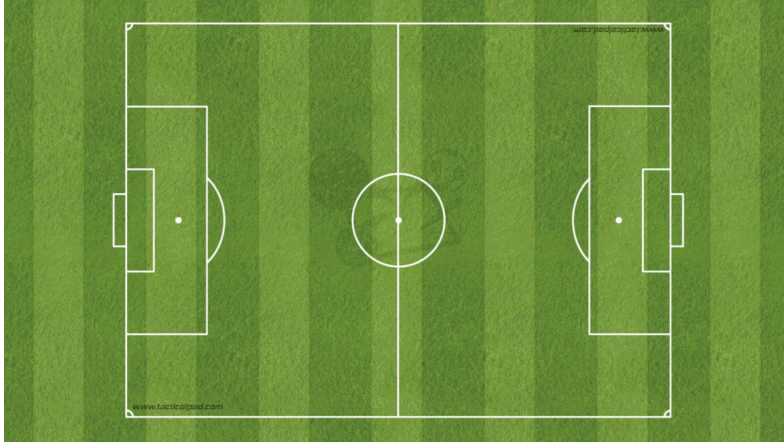
Date: 3<sup>rd</sup> Feb 17

Team: U18

Time: 1830 - 2000

Location: City Academy

Scene Setter Revisited: 1940 - 1945  
TBC



## **Key Coaching Points**

- Provide feedback AFTER highlighting difference between this game and the one at the beginning of the session

## **Instructions**

TBC

## **Setup**

TBC



# SWITCHING POSITIONS: ALWAYS HAVE A “WINGMAN”

Date: 3<sup>rd</sup> Feb 17

Team: U18

Time: 1830 - 2000

Location: City Academy

Match: 1945 - 2000  
Match

**Players play a match... their rules  
No coaching, just observing**