

Switching the Point of the Attack

Introduction to Switching the Point of attack

The idea for this section came from a seminar that I saw Mike Smolens, Head Coach, United States Merchant Marine Academy, do at the Suffolk County Soccer Coaches Association winter 2000 clinic.

Takeovers

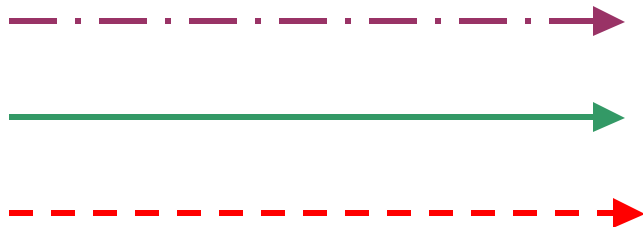
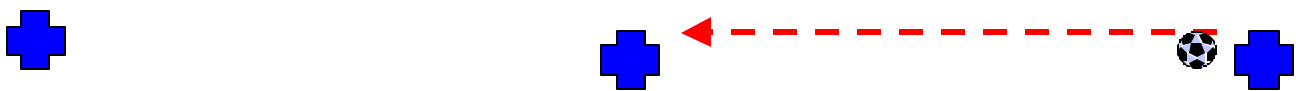
Perhaps the most fundamental technique to switching the point of attack is to learn how to effectively perform a takeover. A takeover can be defined as two players approaching each other, one dribbling, the other running. The takeover occurs when the first attacker (man with the ball) leaves it for the support player, who 'takes it over' and proceeds in the opposite direction.

The man with the ball is usually under pressure. He draws that pressure with him. And when the takeover occurs, the pressure is going one way and the ball the opposite way.

This relieves the pressure, perhaps for only a second or two, but in many cases that may be all that you need to make the next pass or the cross into the box.

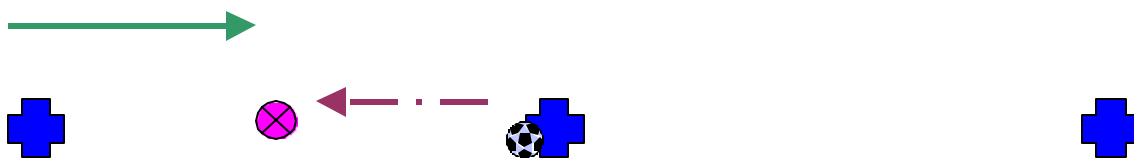
A simple exercise to work on the take over tactic is as follows:


End player makes a pass to center player



Purple Dashed = Dribble
Green Solid = Run Without Ball
Red Dashed = Pass

Central player receives the ball and turns.



At the midway point,  the player carrying the ball leaves it for the player running on to him and that player "takes it over". The former central player then proceeds to the left side of the diagram.

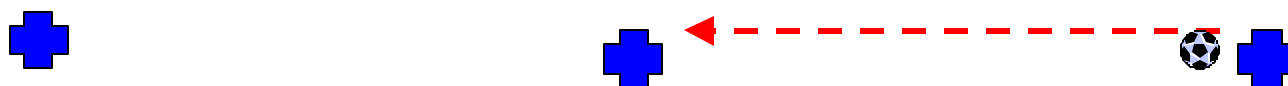
The player with the ball now proceeds toward the other end player. The end player runs towards her and a second take over is performed.

This sequence is then repeated throughout the exercise



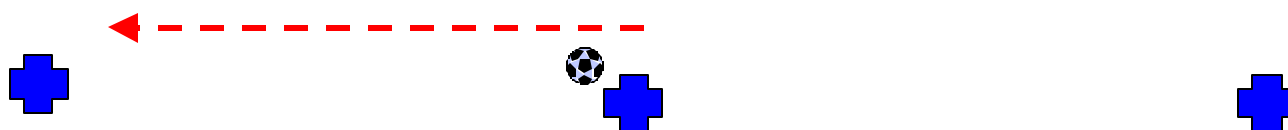
Progression of the Take Over: Fundamental Exercise

We start the same way as we did above.



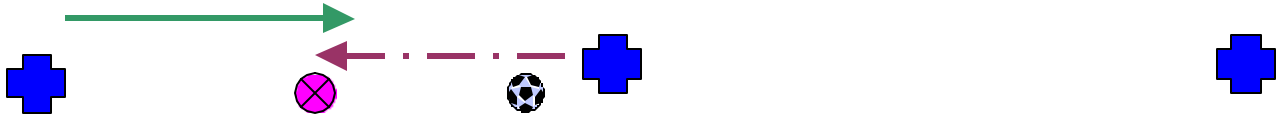
Central player with the ball turns and looks towards the end player on the left.

The end player now controls what the next step is. If the end player ***raises her hand***, the player with the ball makes a pass. If she ***does not*** raise her hand, but instead runs towards the central player, a takeover is performed





Hand Up -- Pass is made

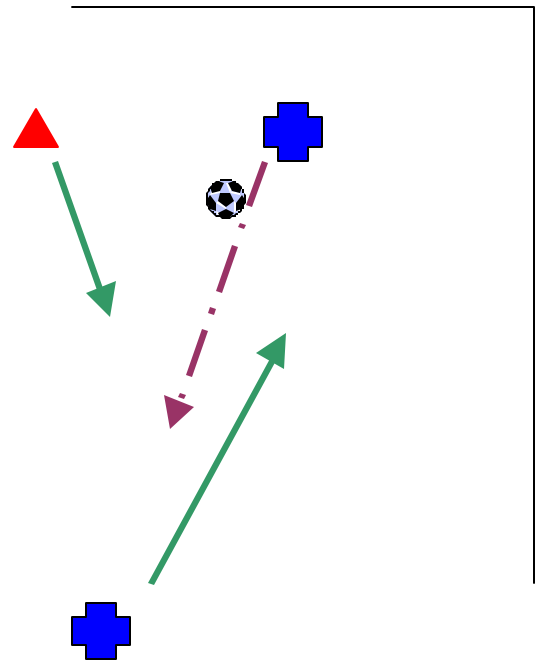


The sequence then continues with the player controlling the ball always looking for either a hand up for a pass or a hand down for a takeover

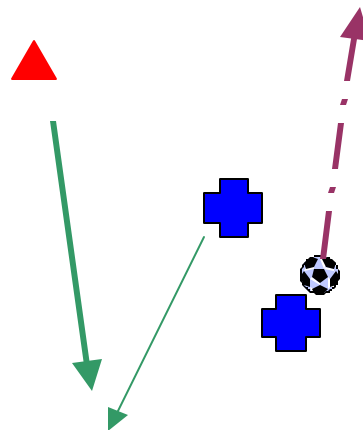
Progression of the Take Over: Match Related

We can now look at how a takeover can be used in a game-like situation

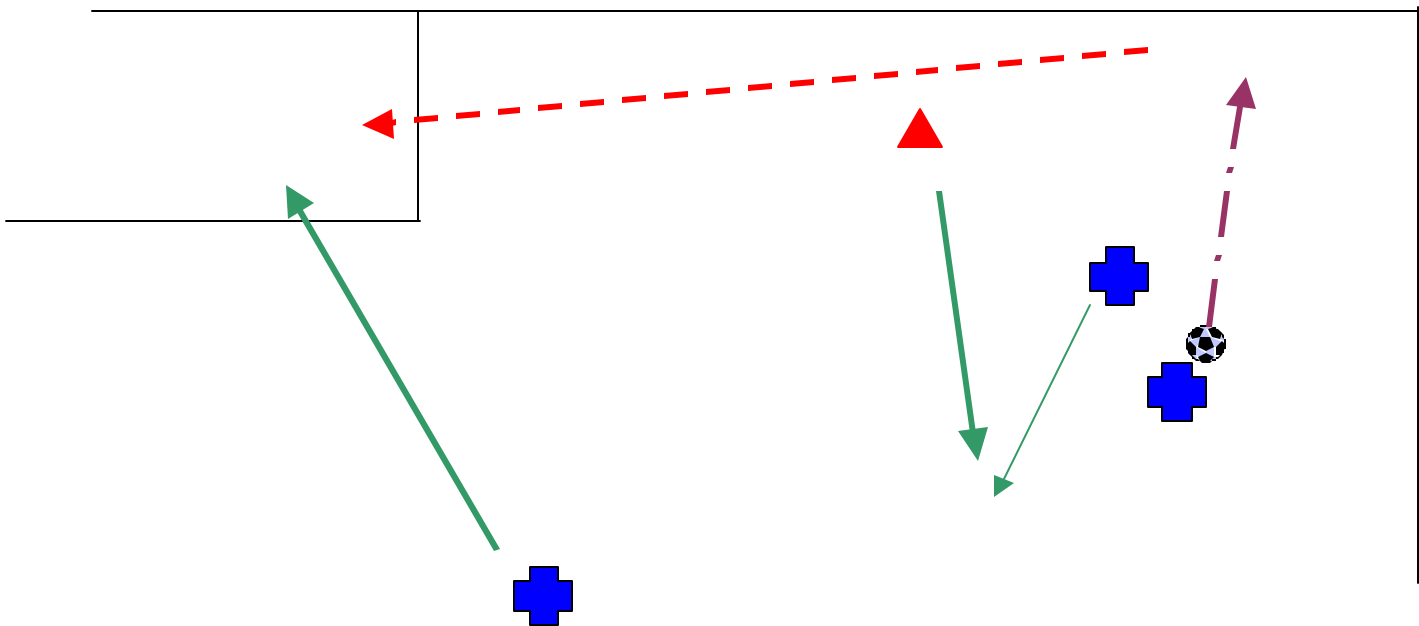
Use either the corner of a real field or create a corner with cones



The player with the ball is in the corner defended, at first “lightly” (50%) by another player. She dribbles away from the end line drawing the defender off the line. A teammate makes a run at her and the pair perform a takeover, switching the point of attack quickly.



You now have a brief (1-2 second) window of opportunity to cross the ball into the box. Have a player running on if you like to take the cross.



The progression of this exercise is simple. Have the defender play 75% and then full out. If the defender starts to read the takeover **Don't Make It**. Simply keep the ball and switch it to the man running on to the goal.

Coaching Points

- non-dribbler runs above dribbler (on opposite side of defense)

- if dribbler uses inside of foot on ball touch, take-over is OFF; if outside of foot, then take-over is ON
- dribbler LEAVES the ball for the other player to take, opting for quick stepover prior to takeover; dribbler should not "touch" the ball to the other player
- BOTH players should EXPLODE away (one with ball); this does not give the defender time to read the take-over.
- Player in possession, must keep the ball on the foot furthest from the defender, to avoid the tackle
- Clear communication must exist between the two players as to when actually to take over, or both the players and coach could be embarrassed by the outcome.

The preceding coaching points are courtesy of a review of this exercise on the Soccer Coaching Net by Gary Rue.