



## Switching Play/Support Play

**Category:** Technical: Passing & Receiving  
**Difficulty:** Moderate

Reseller-Club: Premier Users' Club  
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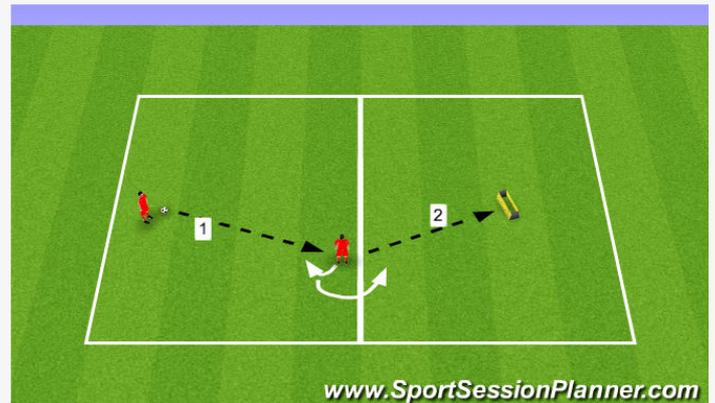
### Switching Play

Receiving ball from One side and playing the other direction:

In this instance allow ball to come across body and take first touch with right foot to set up pass with left foot. Allowing ball to come across the body allows for quicker execution of pass to intended target and allows us to switch play as quickly as possible.

Body position should allow for this kind of movement and player should be able to see player passing the ball to him and intended target (Try angle pass as shown rather than simply square).  
Player movement should allow for transfer of body weight from initially left foot to right foot when playing the switch pass.

\* Done at game pace



### Link and Support

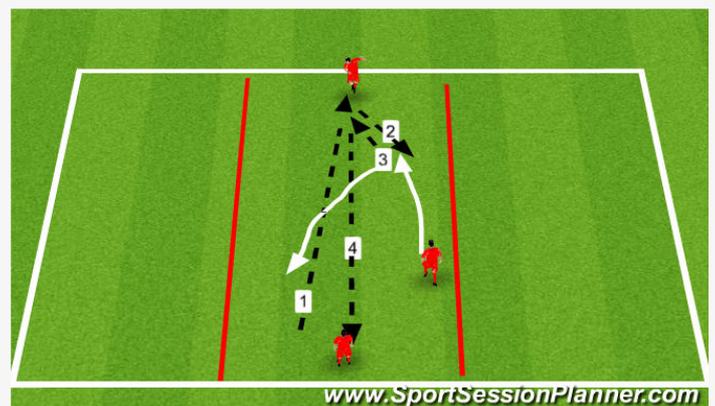
Support Play runs.

If we have 3 players available. Work player in the middle

Players at each end link with Player in middle before playing longer service to each other.

Player in Middle will look to support the play as quickly as he can

Once Central Player links and the long service has been played, central player will make run to support and offer an option to the receiving player and again play a link pass before repeating movement



### Link to Turn

Continuing on Player in Middle will now receive possession and turn to switch the point of attack (Similar to Switching Play except different angle of Support)

Player in middle must open his body shape up quickly (Check Shoulders) to allow for quick turn, receiving ball across the body before playing pass to opposite end (In this instance first touch with left and pass played with right)

Players on end can communicate turn option to the player central.

Timed Set in middle before Switch. (If number of players not available, Player can use wall to play pass and then open up and turn off rebound.)

