

**Region IV ODP Symposium  
Phoenix, AZ - January 1999**

**Changing the Point of Attack John Dewitt – Head Coach U of NM**

**Objectives:**

Change Point of Attack, Make Play Unpredictable (Using 15 x U16 girls)

**Warm-up Phase:**

Dribble in a small area 20x30. Give players a couple of moves to change direction; step over, then cut ball (both inside and outside of foot)

**Phase 2:**

Split into groups of 3 (each player has a ball). In a 10x10 grid, play 1 attacker (with ball) v 2 defenders (each dribbling a ball also). The objective is for the attacker to dribble to a cone (scores 1 point). The defenders (keeping their ball under control also) dribble their ball and try and get in the way of attacking player. Rotate roles.

Coaching Points:

Vision

Incorporate moves/fakes from warm-up phase.

**Phase 3:**

Play 5v5 in a 30x40 grid (so 1 team rests). Place 2 small goals wide on each endline. Make directional. Incentive is the first team to score 2 goals gets a rest. (With boys, incentive may be to stay on!)

Coaching Points:

Team shape when attacking

Attacker with ball just has to look in other direction to deceive defenders!

This can open up passing lanes and scoring opportunities.

**Phase 4:**

8v8 to large goals in ½-field. Play 3 zones (thirds of field) and both teams with restricted formation 2-3-2 (+ keeper). Pass to Target (in goal) to score.

Emphasize:

Switch point of attack, Make play unpredictable

Finish with unrestricted 8v8 game!