

## Attacking on the Flank in 1 v 1 Situations with Switching Play



**Levels:** U12-18+

**Measurement:**

Half-Pitch

**Duration:** 20 Mins

**Players:**

7

### Objective:

This practice is used to teach and develop specific movements used by wide players, such as dribbling, dummie and other technical actions.

### Description:

The ball starts with a red player in the middle. The first tactical action involves the wide player who must lose their marker and move to receive. The player must control and protect the ball.

After controlling the ball, the player must use a feint or dummy from a standing position and use an explosive move inside, before playing a long pass to the other flank.

The second wide player cushions the ball before advancing slowly on the opponent, looking for space and deciding which foot to use to perform a pivot or turn.

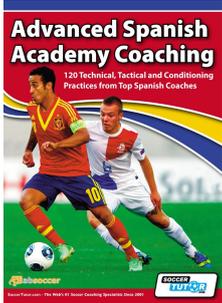
The first objective is to make the opponent retreat so that when we change pace and direction, the opponent must also modify their balance and direction which should give us the necessary time and space to gain an advantage.

The practice ends with a cross to the forward or with a shot at goal with the weaker foot.

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### This Drill is Taken From...

### By Coach



120 Technical, Tactical and Conditioning Practices from Top Spanish Coaches

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Rafa Juanes

Villarreal CF Academy Coach .

### Equipment Needed



#### Space Markers



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#### Small Target Goals



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#### Training Ball



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#### Mini Pro Cones



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