

LOUDOUN SOCCER



Session Theme

Dribbling (Weeks 3 and 4)

Objectives

To develop comfort on the ball, risk-taking and creativity

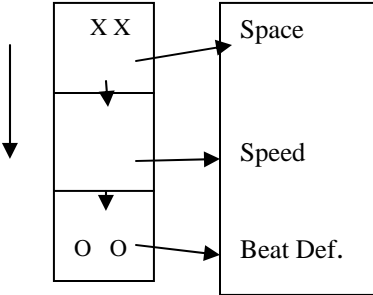
Warm-Up:

Ball each, dribbling/footskills

Three-phase relay dribbling

Groups of four, players dribble in relays, starting off with dribbling for space (control), then for speed, and then doing a move to beat an (imaginary) defender

- Make it competitive (timed/races)



Various

Surfaces of foot for different dribbling

Head Up

Relaxed

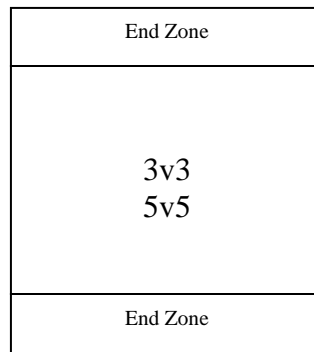
Change direction/speed when beating defender

3v3 / 5 v 5 to End Zone

Players score by dribbling the ball into the end zone

- 1v1 situations – players are paired up and
- can only challenge their opposite number
- Players can pass after beating their opposite number and can be challenged by any of the opposition

NOTE: Encourage 1v1 attacking play with risk-taking and creativity



Attack space where possible

Identify space behind defender to attack

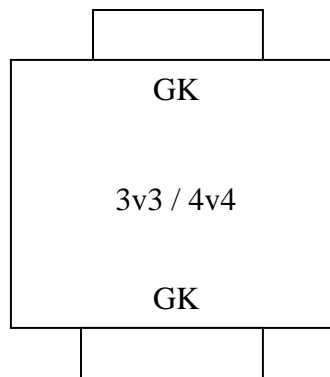
Decision: which foot/side to attack?

3 v 3 with GK

Attackers must beat defender 1v1 and shoot at earliest opportunity.

GK for opposite team restarts the game after a goal or save by playing the ball into his/her team
Attackers can use GK as support player

- Can only challenge opposite number
- Can challenge any opposition player



Create enough space to shoot

Take shot at earliest opportunity

GK should play ball early to exploit space for attackers

Regular Scrimmage 6 v 6 with GK

Decision making.

When to take players on.

Where to take players on.

When to pass / when to dribble