

# LOUDOUN SOCCER



**Session Theme**  
(Weeks 8 and 9)

1v1/2v2 Attacking – Playing with back to goal and finishing

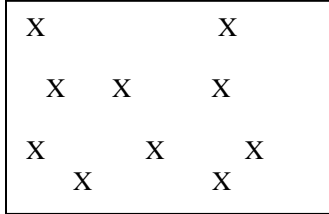
**Objectives**

To improve players' abilities to play with back to goal under pressure

**Warm-Up:**

Passing and moving:

1. Receive in a shielding position and hold ball for three seconds before moving
2. Receive with outside of foot and turn ('roll') the (imaginary) defender



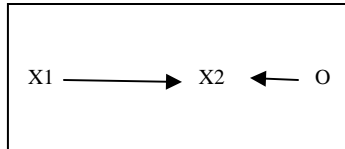
**Body Position:**

Sideways, low, eyes on ball, use of arms, shoulders and hips (body-body-ball)

**1v1 to end line**

X1 plays ball to X2 while defender (O) attempts to stop X2 from turning and scoring over the end line to score a point:

1. X2 shields and holds ball under pressure for three seconds before trying to turn and go to goal.
2. X2 tries to turn defender with first touch.
3. X2 can hold the ball, and then play back to X1 who attacks O.

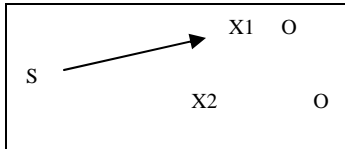


Awareness – check shoulder, look and feel for defender

Keep defender tight when 'rolling' (turning with first touch)

**2 v 2 + support**

As above, except play 2v2 and attackers can release the ball back to a support player and re-check for ball. Defenders must get tight and prevent the turn.



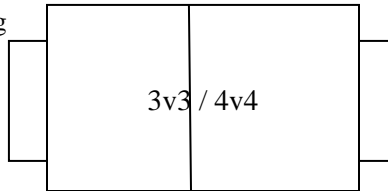
Use of Body

Awareness – where is team-mate/support?

**3v3 / 4v4**

Regular small-sided scrimmage except attacking team gets bonus goals if:

1. They can turn while the defender is pressuring from behind.
2. They can hold ball up and bring someone else into the play.

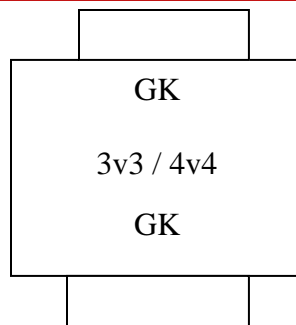


Movement off the ball:

Finding 'pockets' of space

Checking – angles and distance

**Regular Scrimmage**



All of the Above