

LOUDOUN SOCCER



Session Theme

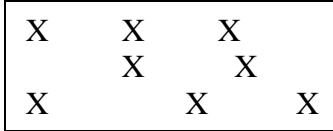
Short Passing and Receiving

Objectives

Improve the quality of the pass
 Improve the quality of the first-touch
 To play away from pressure

Warm-Up:

Dribbling/Footskills
 Passing and Moving
 1 and 2-touch passing in pairs/threes



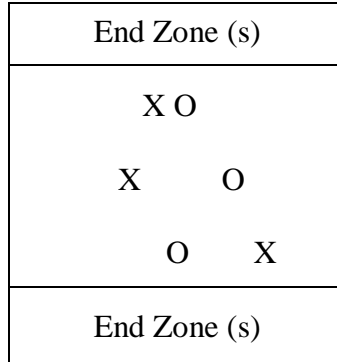
First-Touch:

Body Shape and Position
 Select a body-part
 Prepare the surface

3 v 3 – Passing into the End Zone

Score by receiving ball from deep support and passing to designated target player in the End Zone.

Progression: Score by passing to attacking player running in to the End Zone (no designated player).



Passing:

Non-kicking foot alongside ball

Use correct surface of foot for pass (inside/outside)

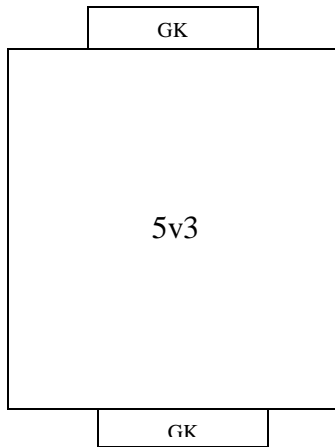
Follow through ball on contact

4 qualities of a pass: Accuracy, Weight, Timing, Disguise

5 v 3 (+GK's) possession to Goal

5 attackers must keep possession from 3 defenders. Attackers can shoot on either goal after 4 passes. Defenders can shoot immediately upon winning possession.

After appropriate time, GK and O's become X's and X's become defenders.



Positive first-touch, away from pressure

Control toward goal when looking to shoot

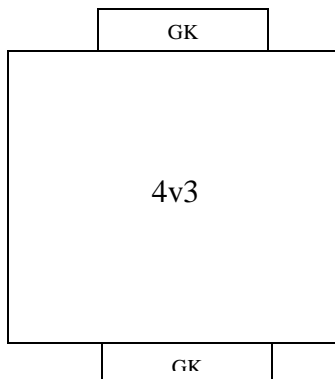
Attack quickly with purpose

Patience to create a scoring opportunity

Shield if no pass

4 v 4 (3) Team without ball has GK

Team without possession must drop a player back and become a GK to create 4 v 3 for team in possession. Immediately possession is gained, GK must come to support teammates, and opposing team must drop back a GK.



How/when to use extra player

When to pass and when to dribble

Sharper runs to space now that all players are opposed

Shield ball when no passing opportunities exist

Regular Scrimmage

Emphasis on quality of passing and movement off the ball to create passing opportunities