

LOUDOUN SOCCER



Session Theme

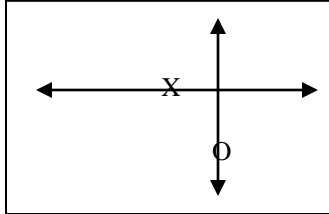
Group Attacking - Transition

Objectives

To improve players' abilities to gain shape and attack quickly on transition

Warm-Up:

1. Passing and Moving
2. 6v6 opposite attack – X goes horizontal, O goes vertical.



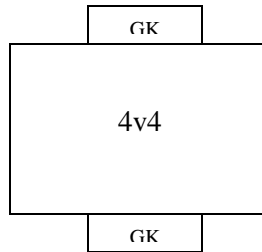
Quality of first-touch and pass

Shape – high and wide as quickly as possible

4v4 to large goals w/GK

Teams play 4v4 to goal. All of attacking players must be in attacking half when goal is scored. If they are not, the point goes to the other team. All of defending players must be in defending half when goal is scored. If they are not, point doubles for the attacking team.

Progress to 5v5/6v6.

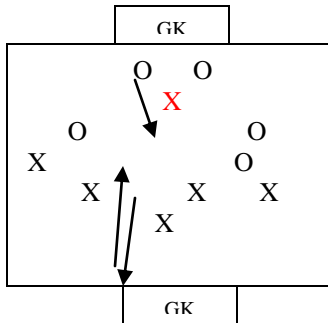


Speed of gaining attacking shape when possession turns over

Speed of (forward) movement

6v6 w/GK's - transition after goal is scored

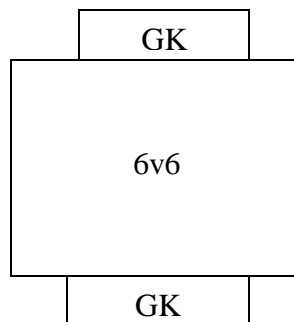
Teams play 6v6. When attacking team scores, the goal scorer stays and tries to contain/delay the quick counter-attack by the team that has just been scored on. Meanwhile, the rest of the team must run back to their own goal and touch a post before defending the counter-attack.



Speed of Support – getting numbers around the player in possession when counter-attacking

Possession vs. Penetration once faced with pressure

Regular Scrimmage



All of the Above