

LOUDOUN SOCCER



Session Theme

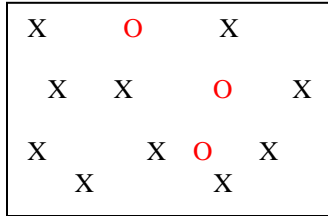
1v1/2v2 Attacking

Objectives

To improve players' abilities to unbalance defenders
To improve players' abilities to provide support and play quickly through pressure

Warm-Up:

1. Dribbling – various emphasizing change of speed and direction
2. As above, but include three defenders who are trying to knock balls out of the square



Type of dribble – space, speed, beat defender

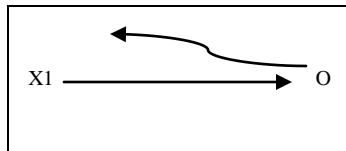
Body position

Foot contact

1v1

X1 plays ball to O, who attempts to dribble over the end line to score a point:

1. Include transition – when defender wins ball, she can attack O's end line
2. Add a second defender to create two 1v1 situations



Quality of first-touch

Type of dribble as defender approaches

Body Position/Balance

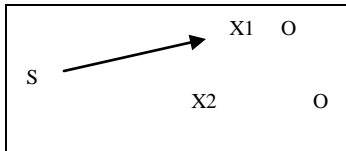
Identify space

Change of direction (incl. use of fakes) to unbalance defender

Aggressive change of speed

2 v 2 + support

As above, except play 2v2 with support. Attackers can release the ball back to a support player and switch places with them.



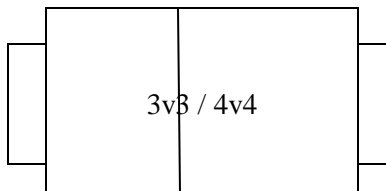
Awareness – where is team-mate/support?

Movement of 2nd attacker to create 1v1

3v3 / 4v4

Regular small-sided scrimmage except:

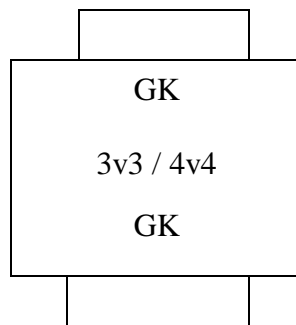
1. Attacking team MUST try and beat a player 1v1 in attacking half of the field.
2. Attacking team must create a 1v1 OR combination before scoring.



Supporting movement – checking to ball to create angles and distances for combinations to play through pressure

Checking – angles and distance

Regular Scrimmage



All of the Above