

LOUDOUN SOCCER



Session Theme

1v1-3v3 Attacking

Objectives

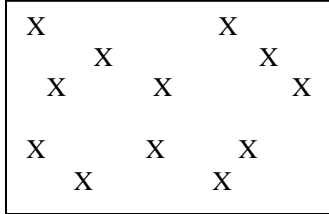
To improve players' abilities to find space around defenders
To improve players' abilities to penetrate quickly

Warm-Up:

Passing and Moving – players must overlap the person they play to after each pass (do not get the ball back).

Keep away: Defending team can only walk.

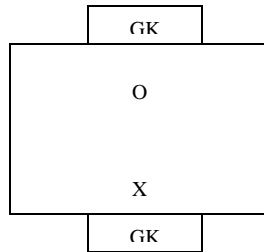
Attacking team must pass and move as quickly as possible



Quality of first-touch and pass

1v1 to large goals w/GK

2 v 2 + support As above, except play 2v2 to large goal. Progress to adding a second goal w/GK and add transition.



Awareness – identify space and attack it

Movement of 2nd attacker

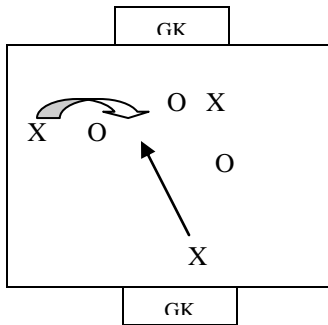
Attacking mentality – get forward when possible

Finish once defender is beaten

3v3 / 4v4 to large goals w/GK

(Increase size of playing area)

Supporting players on attacking team must find space between and behind defenders. Start with no off-side rule and then introduce it once movement is taking place. Attackers must then be aware of the timing of their runs also.

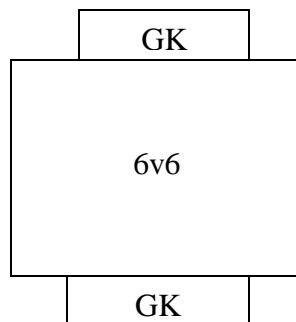


Finding space between/around defenders – an “in-between and in-behind” mentality

Support – getting numbers around the ball (around the player in possession)

Possession vs. Penetration

Regular Scrimmage



All of the Above