

LOUDOUN SOCCER



Session Theme

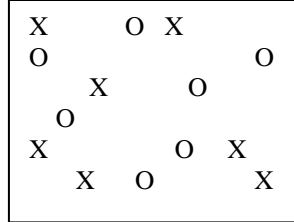
Group Possession (Weeks 1 and 2)

Objectives

To develop players' abilities to keep possession of the ball in pressure situations

Warm-Up:

1. Passing Square – players pass around the outside of the square. Each direction is with the inside of a specified foot to encourage receiving/playing with the back foot.
2. Keep away – defending team can pressure but not win ball. Coach changes possession every 30 seconds. Progress to full pressure.



Quality of first-touch:

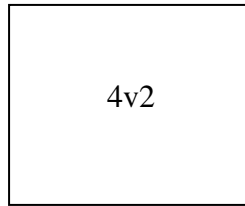
Body Position
Check Shoulder
Receive with back foot, toes up

Quality of pass:

Toes up, inside of foot
Step into pass
Head down, eyes on ball
Follow through

4v2 – 4v4 Keep Away

1. 4v2 Keep away
2. Progress to 4v4 with support players on outside. Players can pass to players on outside and switch places
3. Teams score a point for every 5 passes



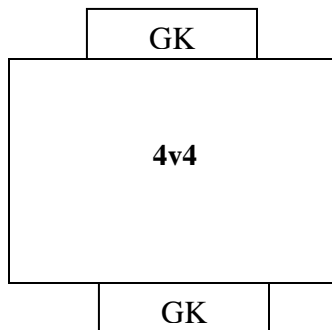
Speed, angle and distance of support
Communication and Organization

Shape:

Width, depth, movement and creativity
Patience in possession – “are we ready to go forward?”
Angles of support
Awareness – ability to play away from pressure in all directions

4 v 4 to large goals with GK

Regular 4v4, except attacking team has neutral support (S) on the outside. Start with no offside rule then progress to include it.

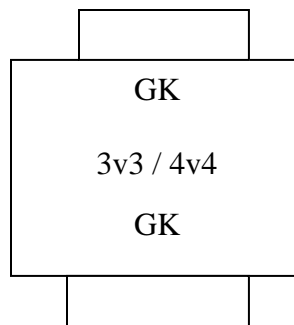


Finding/creating passing lanes:

Start position
Timing, angle and speed of runs into space

Possession vs. Penetration

Regular Scrimmage



All of the Above