

LOUDOUN SOCCER



Session Theme

Finishing around the goal-area

Objectives

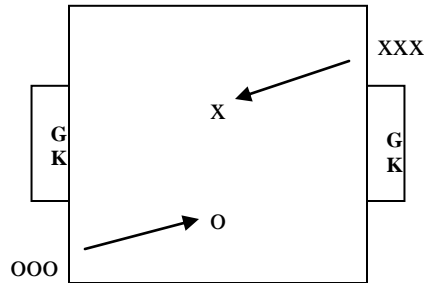
To develop players' abilities to finish under limited space and pressure

Warm-Up:

Passing and Moving

Rotation Finishing – Various:

1. Play a one-two and finish
2. Turn inside and finish
3. Turn outside and finish
4. Serve in air, turn and volley



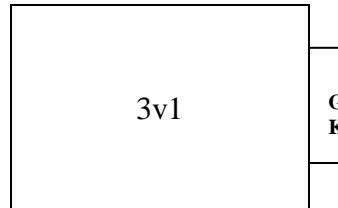
Introduce 5 “A”’s of Goal Scoring:

- A**ccuracy
- A**ttitude (positive)
- A**ggression (power)
- A**wareness
- A**fterwards (rebounds)

Teach technical/tactical aspects of each

3v1 to goal with GK’s

Teams play 3v1 to goal, emphasizing early shots. Start game by defender playing ball across to attackers. Include off-side rule and progress to 4v2.

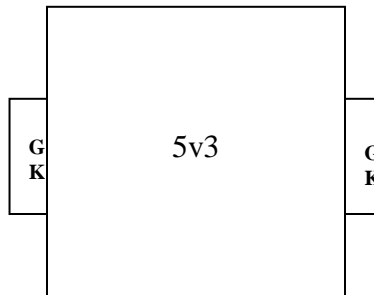


Positive first-touch to prepare for shot

Take defenders recovery run away by cutting across them once in front

5v3 to goal with GK’s in penalty area

GK’s always play to team with numbers up who must attack the opposite goal. Defending team can score on any goal when they win possession.



Speed of attack

Utilize forward numbers

Follow up on everything (rebounds)

Possession vs. Penetration:

Regular Scrimmage



All of the above with emphasis on going to goal at speed