

LOUDOUN SOCCER



Session Theme

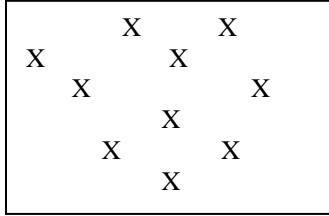
Group Attacking (Weeks 3 and 4)

Objectives

To improve players' decision making and overall speed of play
To improve players abilities to use combinations to penetrate

Warm-Up:

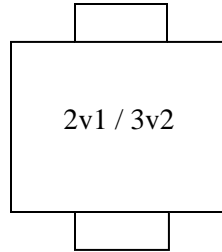
1. Passing and Moving
2. Passing & moving with combinations:
 - a. Overlap player you pass to
 - b. Play a one-two
 - c. Give-&-Go
 - d. Take-over
 - e. Fake take-over
 - f. Blind-side run to receive a ball



Quality of first-touch and pass
Foot surfaces for quick playing/combinations
Communication
Movement

2v1/3v2 to small goals

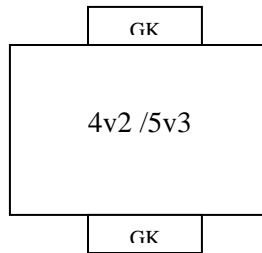
Teams play 2v1 to small goal. Attacking team must try to make numbers up/get into forward positions, using combinations where possible. Progress to 3v2



Isolate and/or stretch defender(s)
Speed of (forward) movement – getting ahead of the ball

4v2/5v3 to large goals w/GK's

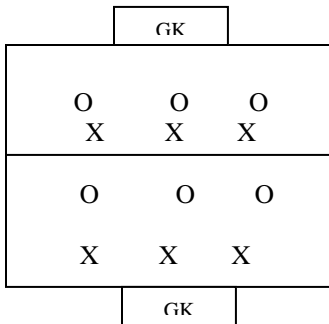
Teams play 4v2 to large goals with GK's. Attacking team must use constant direction and must use a combination before scoring. Defending team can go to any goal and does not need to make a combination, when they win possession.



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

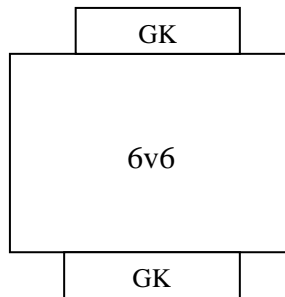
6v6 w/GK's in halves

Teams set up 6v6 with 3v3 in each half. Attacking team can drop 3 players back to their own half to make 6v3 and transition into attacking half to continue 6v3 attack. Attacking team must make at least one combination in each half of the field and before scoring. When defending team wins ball, they must play backwards to their GK to start the attack in a 6v3. Introduce off-side trap in both halves of field.



Possession vs. Penetration once faced with pressure

Regular Scrimmage



All of the Above