

LOUDOUN SOCCER



Session Theme

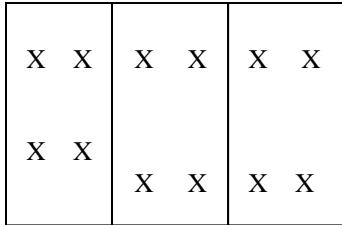
Possession – Playing out of the back

Objectives

To develop players' understanding of the best passing options when playing out of the back

Warm-Up:

Passing and Moving.
Progress to passing and moving in thirds – 4 players in back, middle and front thirds.



Quality of first touch with an emphasis on body shape and preparation for the pass

Accuracy, weight & timing of pass

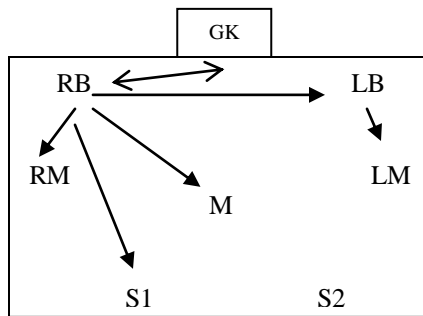
Communication

Shadow Play – passing options

Explain the five key passing options from wide defenders through midfield:

1. Wide midfielder
2. Central midfielder
3. Switch to left-back
4. Play through midfield to first striker's feet
5. Play back to GK

(Keep this brief as young players will get bored)



Head up

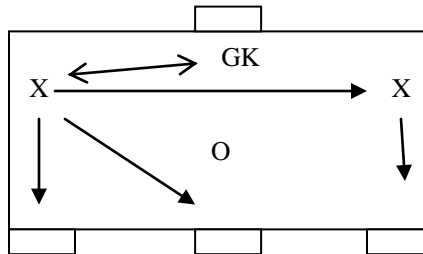
Choice of pass (based on pressure)

Play simple and away from pressure if possible

2v1+ GK (3v1) to small target goals

Using the above passing options (targets), players try and score in small goals in those target areas. Progress to extra players in midfield areas, making 4v2.

Progress to two defending strikers (3v2 in back third) and 3v1 in middle third). Defenders can shoot on goal if winning possession.



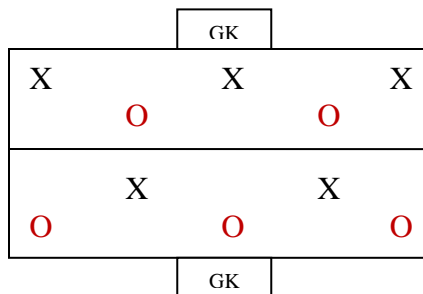
Receiving angles:

Wide-mids: back to side line, body open

Centre-mid: sideways – aware of tight pressure

Striker: shielding with back to pressure

Teams play regular game and can use the GK as support to make 4v2.



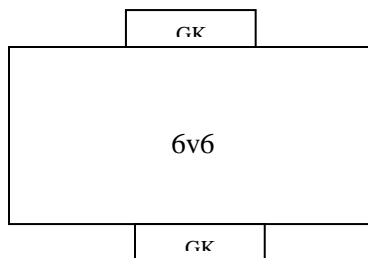
Movement – checking:

Wide-mids: back down the line

Centre-mid: create central angles

Striker: back into pockets of space around/between defenders

Regular Scrimmage



All of the Above