

LOUDOUN SOCCER



Session Theme

Possession – Playing through midfield

Objectives

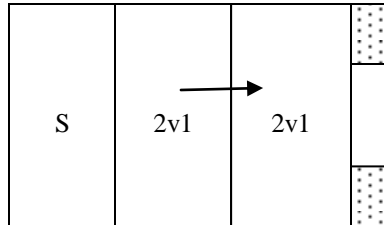
To develop players' understanding of when and how to penetrate through the middle third of the field

Warm-Up:

Passing and Moving with combinations
– give-&-go, overlap, one-two, third-player-running etc.

Possession in central third with support in back third

2v1 in middle third. Players can pass back to, and switch places with support player behind them in defensive third. When a player plays a ball forward into the attacking third, they may join in that third to make 3v1 to goal. If defenders win ball, they must try to find the support players feet (S) to score a point.



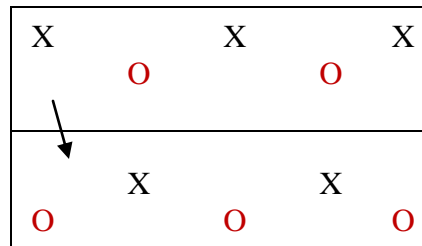
Quality of first touch with an emphasis on body shape and preparation for the pass

Accuracy, weight & timing of pass

Communication

3v2 to end lines

Players must stay in their half of the field and play 3v2, trying to get the ball forward and over the end line. Progression: the player who passes the ball into the next third may join in that third to make 4v2



Head up

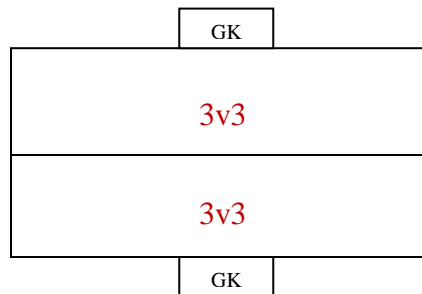
Choice of pass (based on pressure)

Play simple and away from pressure if possible

Movement

3v3 in two halves

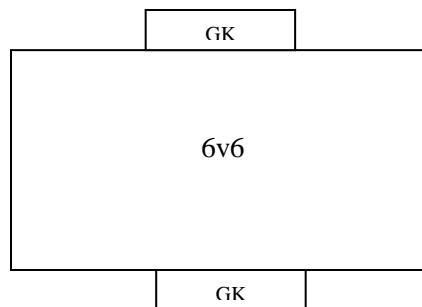
Players play regular game, except in the attacking half (midfield third), they can only play forwards. Progress to allowing passing in all directions in both thirds. Bonus goals for combinations/players getting ahead of the ball in the midfield third.



Introduce Principles of Attack:
Shape
Penetration
Unbalance defenders

Possession vs. Penetration

Regular Scrimmage



All of the Above