

# LOUDOUN SOCCER



## Session Theme

Attacking in Final Third: Possession vs. Penetration

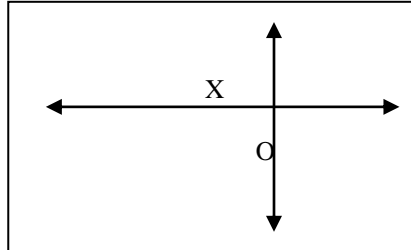
## Objectives

To develop players' decision-making abilities on when to possess and when to penetrate in the attacking third of the field

### Warm-Up:

Passing and Moving – player must get ahead of the ball after every pass.

**6v6 opposite attack** – X plays horizontal, O plays vertical, attacking to end line. Players must get ahead of the ball after pass.



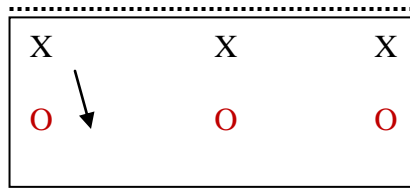
Positive first-touch

Accuracy, weight & timing of pass

Communication

### Playing forward

Teams play 3v3 to end lines. A point is scored every time the ball is passed forward. A point is deducted every time the ball is passed backwards.

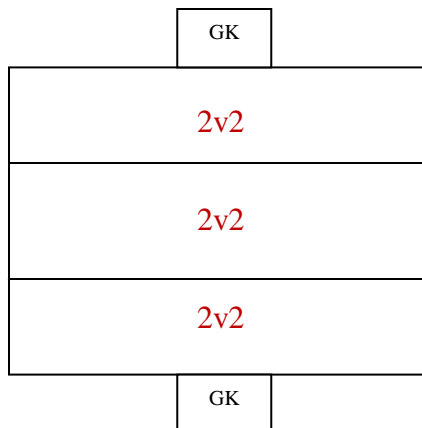


Play quickly

Play away from pressure if possible. Play through or into pressure when attempting to create penetration/get numbers forward.

### 2v2 to goal in thirds

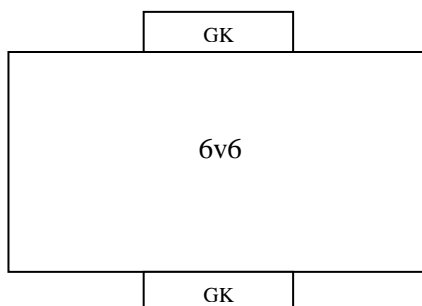
Players must stay in their third of the field and play 2v2. Players can play in any direction in the defensive third. In the midfield third, they must try to play forwards or sideways. In the attacking third, they must try to play forwards. Progress to allowing passing in all directions in both thirds. The player who passes the ball into the next third may join in that third to make 3v2. Bonus goals for combinations/players getting ahead of the ball in the midfield third.



Movement / Support

Possession vs. Penetration:

### Regular Scrimmage



All of the Above with emphasis on fast, creative attacking play and getting numbers forward