

LOUDOUN SOCCER



Session Theme

Attacking from the defensive third

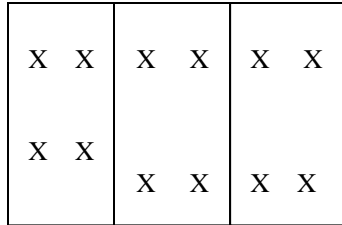
Objectives

To develop teams' ability to start the attack by playing out of the defensive third

Warm-Up:

Passing and Moving

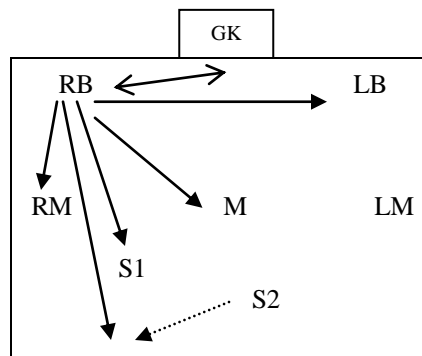
Progress to passing and moving in thirds – 4 players in back, middle and front thirds.



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

Accuracy, weight & timing of pass

Revise passing options from wide positions: (5 MINUTES)



Communication

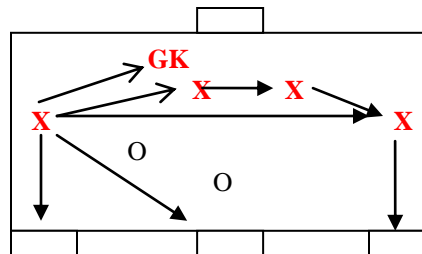
Work ball wide – start attack from wide positions if possible

Checking to receive the ball

Choice of pass - play away from pressure in back third; play into pressure in central/offensive thirds, **where appropriate** (draw pressure, create space)

4v2+ GK (5v2) to small target goals:

Using the above passing options (targets), players try and score in small goals in those target areas. Progress to extra defenders, making 4v3.



Speed of play

Receiving angles:

Wide-mids: back to side line, body open

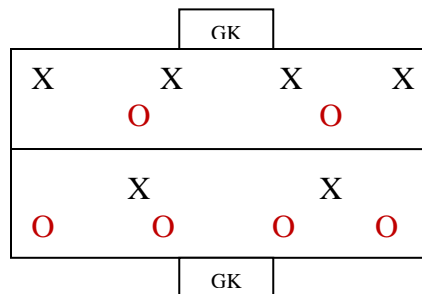
Centre-mid: sideways – aware of tight pressure

Striker: shielding with back to pressure

4v2 in each third to goal:

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

Progress to 3 strikers (defenders)

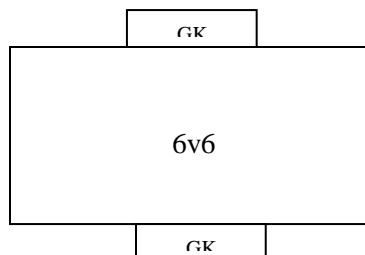


Quality of pass – especially when playing into pressure

Movement off the ball

Possession vs. Penetration – “are we ready to go forward?”

Regular Scrimmage



Movement – checking:

Wide-mids: back down the line

Centre-mid: create central angles

Striker: back into pockets of space around/between defenders