

LOUDOUN SOCCER



Session Theme

Passing and Receiving (Weeks 1 and 2)

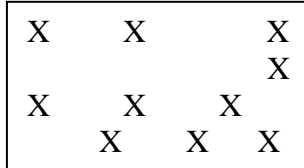
Objectives

To develop comfort on the ball when receiving/passing

Warm-Up:

Ball each, dribbling/footskills

Passing and Moving



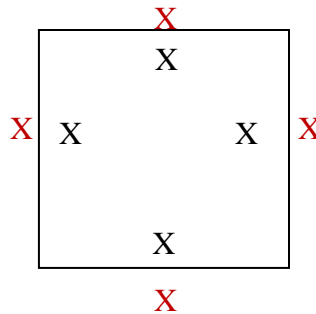
Various

Receive, control and pass

4 players inside the square, 4 players outside (feeders)

Outside players pass into X's who:

- control and pass back
- control and pass to a different player



Passing:

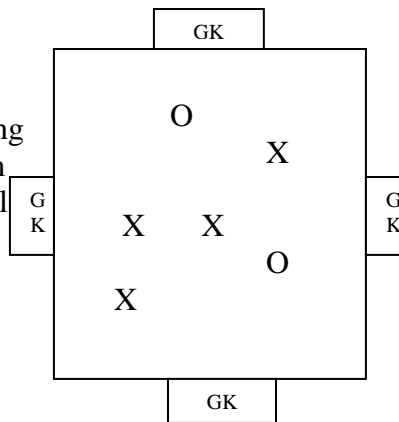
Inside of foot
Head down/eyes on ball
Non-kicking foot alongside the ball

Receiving:

Get in line with ball
First touch towards target
Use inside of foot (progress to outside of foot once competent with inside)
Cushion ball on contact

4 v 2 to 4 goals

Attacking team score by receiving ball from GK, making three passes and scoring past a different GK. Play continues from GK feeding to attacking team after a goal or shot on target. Defending team can score in any goal at any time



Passing:

Step into pass
Follow through

1st touch preparation:

Away from pressure
For pass/shot

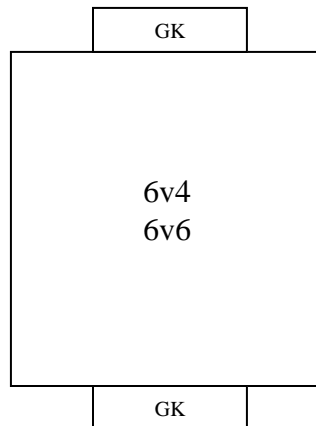
Quality of pass:

- Accuracy
- Weight/Pace
- Timing
- Disguise

6 v 4 with Goalkeepers

Regular game starting with numbers up. GK always plays to team with numbers up.

Progress to 6v6 regular scrimmage.



Body Position/prepare for ball

Check shoulder

Positive first-touch