

LOUDOUN SOCCER



Session Title: Attacking

Session Topic: 1v1 Attacking Play – Goal Scoring

Objectives: Identify space and use change of direction and speed to beat a defender

Warm-Up: Dribbling/Ball Handling (30x30)

Dribbling with various footskills. Include moves that allow the player to go forward as if attacking a defender 1v1.

9 field players, 3GK's in central goals. Players dribble around area and shoot on goal as the GK calls for the ball

1 v 1 (to end line): (10x10-15x15)

1. X plays the ball to O who must control it and dribble at X. O tries to beat X using change of direction and speed and stop the ball over the end line.
2. Initially, start game over if defender wins ball, then allow transition and open play while the ball is still in the square. Use points as an incentive.

As above, but use a **small goal** each end instead of end lines. Once she has beaten the defender, player must now score in goal by:

1. Striking for accuracy – pass the ball into the net
2. Striking for power - laces

As above, but use a **regular goal with GK's**, instead of end lines. Player must now beat GK to score.

Progress to **2v2 , 3v3 and 4v4** (20x20-30x30)

6v6 with Channels (30x30)

Only player in possession, plus one defender, can go in the channels.

Coaching Points

Beating defender:

- Positive 1st touch (forward/away from pressure)
- Head up when dribbling
- Use multiple surfaces of both feet to maintain control
- Draw defender to ball, keeping close control
- Head up – observe body position of defender and look for space behind defender
- Change direction, then speed to beat defender
- Push ball further ahead when changing speed and direction

Striking:

- Laces for power, inside for accuracy
- Head down, eyes on ball
- Non-kicking foot alongside the ball
- Step into your strike
- Follow through

