

LOUDOUN SOCCER



Session Title: Attacking

Session Topic: 2v2 Attacking with combinations and attacking headers

Objectives: Develop ability to isolate the second defender to make 1v1 on the ball
Develop the ability to beat defenders with change of speed and direction

Warm-Up: Dribbling/Ball Handling

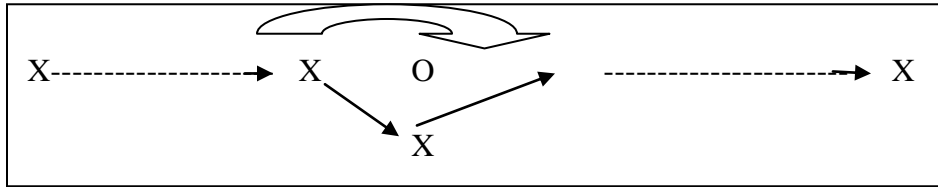
Ball each, Dribbling

Passing and moving:

Various, include combinations: give-&-go, wall-pass, overlap, take-over
Using hands to serve and headers to pass

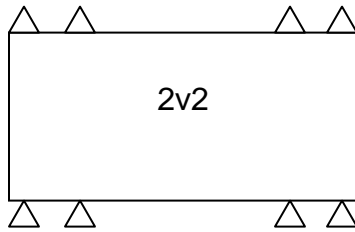
Groups of four – combinations and heading

e.g.

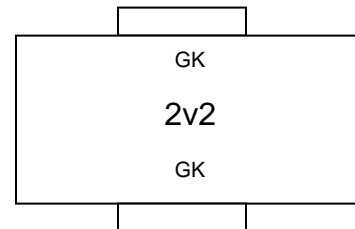


1 v 1 – 2v2 (to small goals):

1. X plays the ball to O who must control it and attack/beat X and score in either goal.

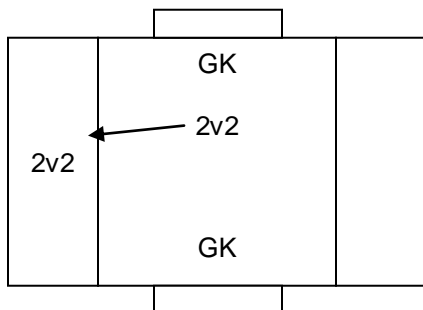


As above, but with **regular goal & GK's.**



4v4 + GK with channels

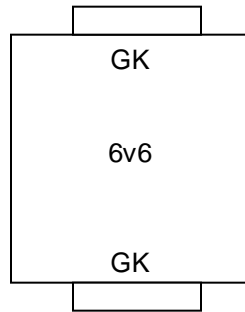
Only two players from each team are allowed in the channel



Emphasis should be on movement and forward penetration.
Utilize heading practice once ball is crossed.

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6v6 Regular Scrimmage



Emphasis should be on playing width and isolating defenders to get into penetrating positions – e.g. dribbling to goal, crossing or shooting.

Coaching Points:

2v2 attacking

- Movement/spacing to isolate 2nd defender
- Identify spaces behind/around defender
- Timing and Quality of pass (correct foot)
- Change of speed and direction to beat defender – with or without ball

Heading

- Confidence building
- Attacking, Defending or Passing Header

Combinations

- Drawing pressure
- Angles of support
- Quality of pass (to correct foot)
- Timing/weight of Pass
- Get out of pressure with pace