



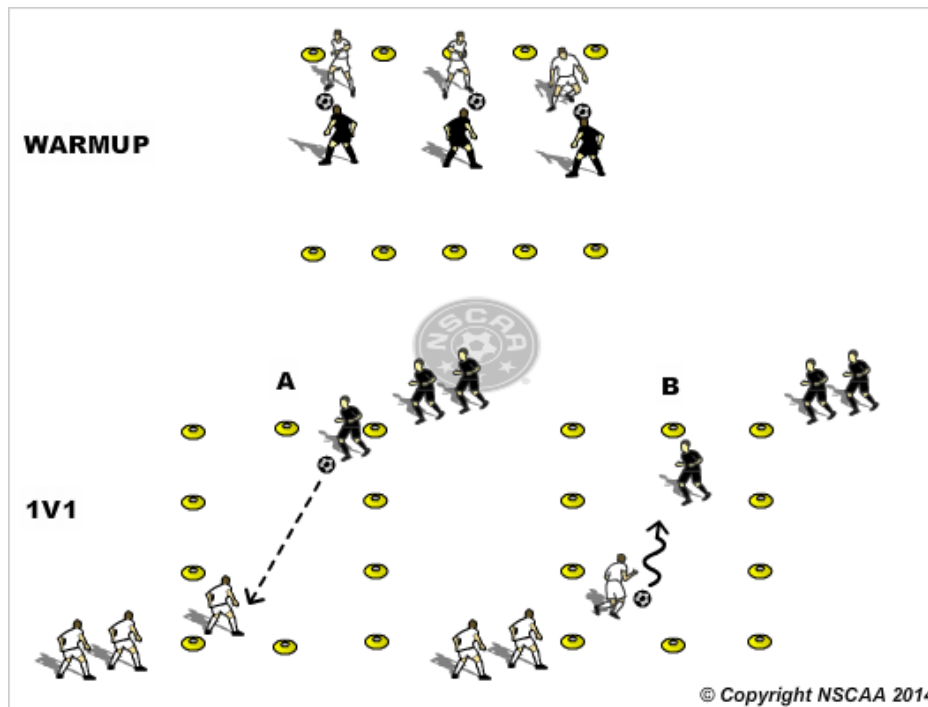
Lakeville Soccer Club
Model Training Session
Pressure Defender
Chad Moore (11.14.2014)



The focus of the session is on the Pressure Defender. The Pressure Defender is the player(s) closest to the ball. While one player is typically considered as the Pressure Defender, there are times when more than one player is considered a Pressure Defender (i.e. Double Team). The roles of the Pressure Defender are to prevent penetration, make the game predictable and minimize attacking options.

Coaching Points:

- Pace and angle of approach run
- Body shape ("athletic stance")
- Angle and distance to player in possession of the ball
- Footwork
- When and how to win the ball (PATIENCE!!!)



Warmup

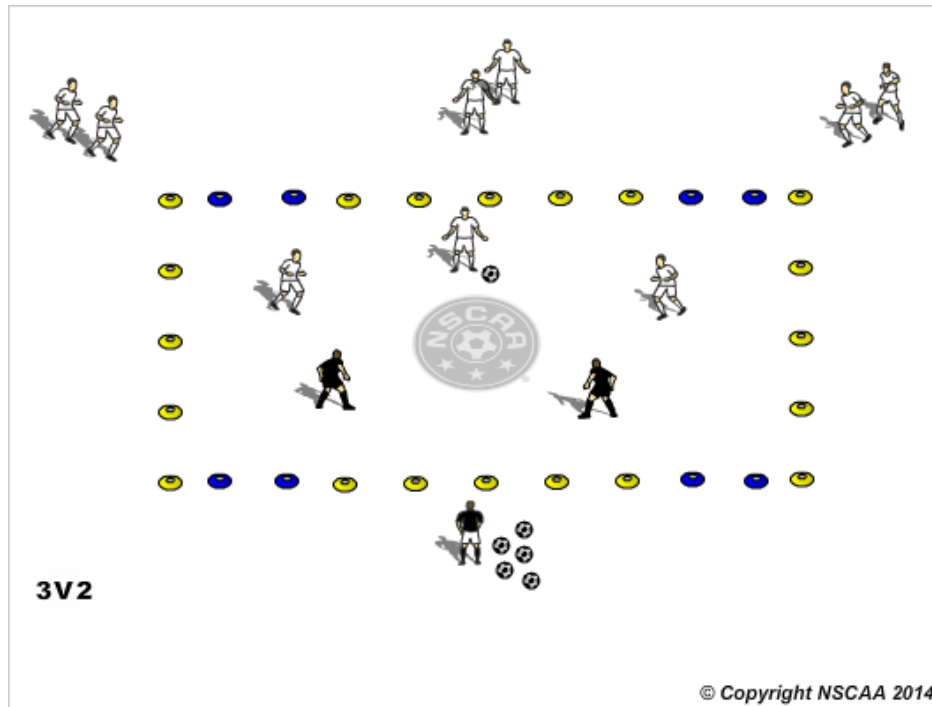
W dribbles across the area while B shuffles backward (no tackling).

Switch roles and return to the starting line.

1v1 (12 yards x 8 yards)

A) B passes ball across to W to start the activity

B) 1v1 with each player attempting to dribble across the opposite endline

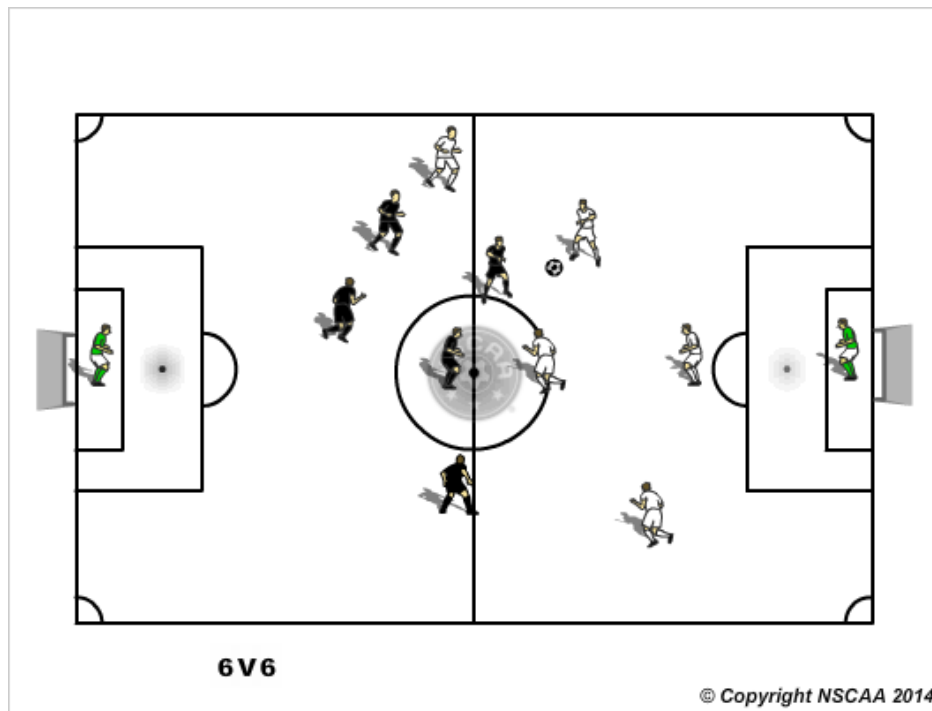


3v2 (30 yards x 20 yards)

Two players are designated as the defenders (rotate these players every few minutes)

Coach passes a ball into three attacking players and the game becomes 3v2 with each team attacking two small cone-goals and defending two small cone-goals

Players score by dribbling through a cone-goal



6v6 (40 yards x 30 yards)

All match rules apply (including offside)

Each team will play a 1-3-1