



Lakeville Soccer Club
Spring Coaching Clinic – Model Training Session
Defending: Pressure and Cover
Chad Moore (March 14, 2015)

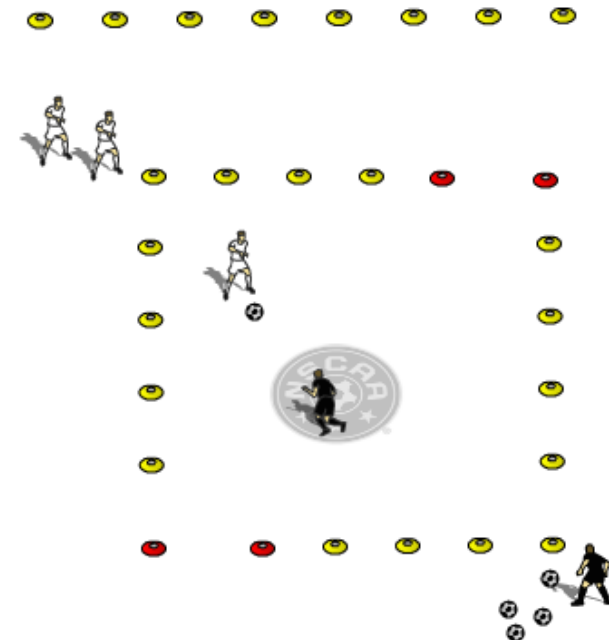
Warmup

- FIFA 11+ Injury Prevention Warmup
- Two lines of cones 15 yards apart
- One player dribbles from one line to the other
- One player takes a defensive position between the ball and the opposite line
- NO TACKLING



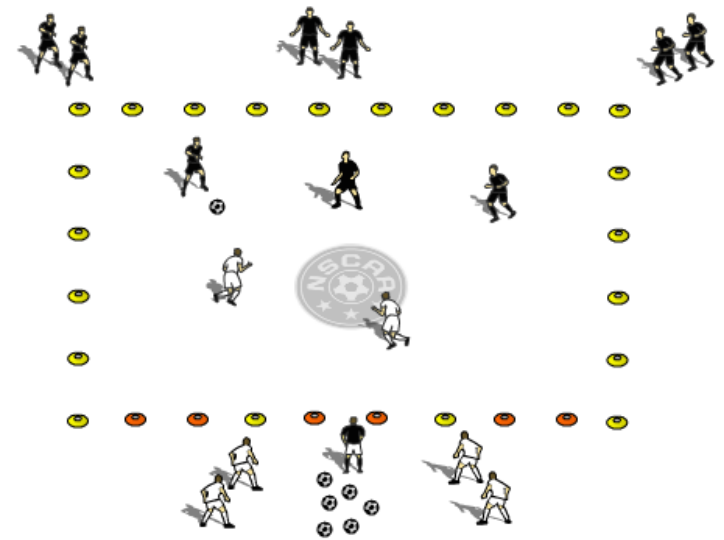
Small-Sided Activity – 1v1

- 15 yard x 12 yard field with 3-yard goals in opposite corners
- 1v1 with each player attacking one goal and defending one goal
- Activity begins when a player passes ball across grid to opponent



Expanded Small-Sided Activity – 2v3

- 25 yard x 20 yard grid with three small goals on one line
- Team of 3 players attempt to score on three small goals
- Team of 2 players attempt to dribble across opposite line
- Activity begins when coach passes ball across grid to team of 3 players



5v5 Scrimmage

- 35 yard x 25 yard grid with full sized goals

COACHING POINTS:

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

