

# LOUDOUN SOCCER



## Session Theme

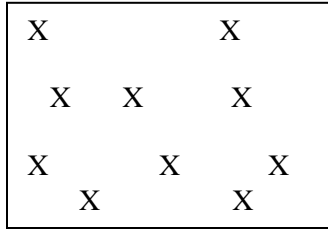
1v1 Defending – Positioning and Slide Tackling

## Objectives

To improve players' understanding of defensive positioning in 1v1 and 2v2 situations  
To develop players' abilities to slide tackle safely

### Warm-Up:

Shielding: 5x5 grid, Pairs, one ball. Players shield to compete for possession. One point for winning ball or forcing attacker out of the square.



### Body Position:

Sideways, low, eyes on ball, use of arms, shoulders and hips.

Poking/stabbing at ball

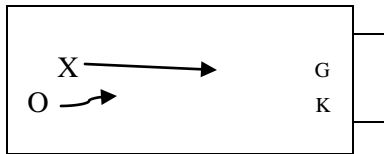
### Slide Tackling

#### Safety:

Demonstrate slide and 'hook' technique on ball, with no pressure (attacker). Start in lying position, then progress to stepping to ball and chasing ball. Progress to adding an attacker at slow speed, then full speed.

#### 1v1 to end line/Goal w/GK

Game starts with a block tackle or a defensive header and players play to end line to score a point



### Slide Tackles:

Lying on-side

Use lower arm to break fall/reduce impact on ground

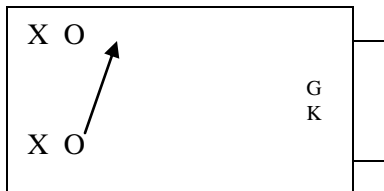
Eyes on ball

Extend striking leg and reach for ball  
'Hook' or poke ball away from attacker

Positioning – get on inside shoulder of attacker if possible

### 2 v 2 Recovering Defenders with GK

Game starts by attacker taking first touch. Defenders must chase back and win ball using a slide tackle. Attackers must all touch ball before a goal can be scored.

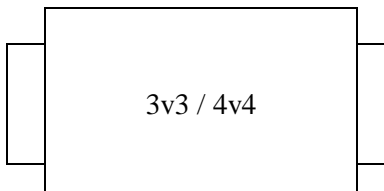


Angle and speed of chasing pressure

Play ball when it is off striker's foot

### 3v3/4v4 to end line/Goal w/GK

Defenders must organize themselves goal-side and ball-side and pressure the ball in the correct ("surf") position

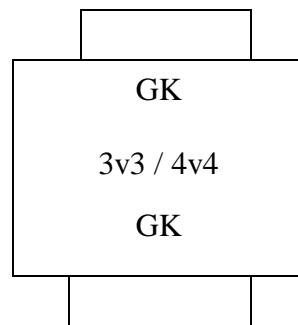


Start positions – how close to attacker?

Angle, speed and distance of pressure

Control/containing when pressuring

### Regular Scrimmage



Staying compact

Winning ball at correct time – stay on feet for as long as possible. Slide tackle should be last resort