

LOUDOUN SOCCER



Session Theme

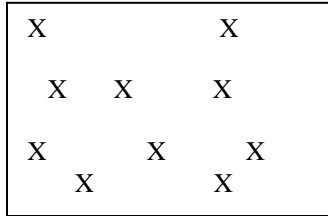
1v1 Defending – Pressuring from Behind

Objectives

To improve players’ abilities to slow or stop an attack by applying the correct amount of pressure from behind

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:

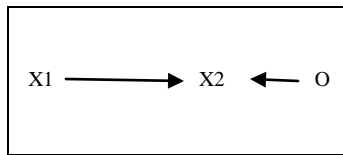
Sideways, low, eyes on ball, use of arms, shoulders and hips.

Poking/stabbing at ball

Start position – ‘touch tight’

1v1 to end line

X1 plays ball to X2 while defender (O) attempts to stop X2 from turning and scoring over the end line to score a point. Progress to X2 and O starting on end line and X2 checking to ball to receive under pressure from O.



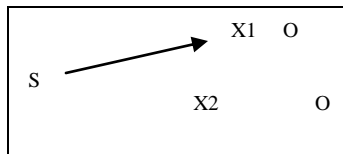
Get tight quickly and create contact so attacker knows there is pressure

Sideways position when pressuring

Maintain visual on ball

2 v 2 + support

As above, except play 2v2 and attackers can release the ball back to a support player and re-check for ball. Defenders must get tight and prevent the turn.

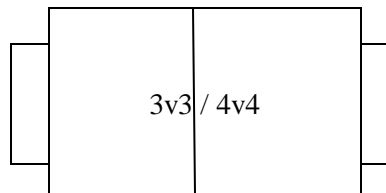


Communication – “I got ball / I got pressure”

Drop back once ball is passed to keep play in front. 2nd attacker then applies high pressure from behind if ball is played to his attacker.

3v3 / 4v4

Regular small-sided scrimmage except attacking team gets bonus goals if they can turn with the ball in the attacking half. Double bonus goals if they turn the defender while the defender is pressuring from behind.



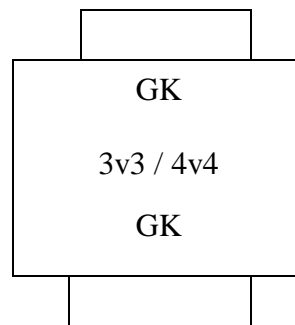
Start positions – how close to attacker?

Angle, speed and distance of pressure

Control/containing when pressuring

Winning ball at correct time

Regular Scrimmage



All of the Above