

LOUDOUN SOCCER



Session Theme

1v1- 3v3 Defending

Objectives

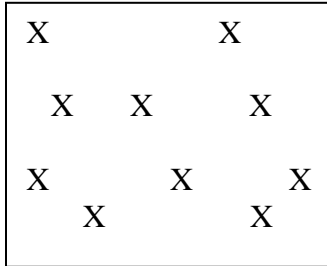
To develop players' abilities to pressure, cover and balance effectively

Warm-Up:

Everyone in 20x20 grid, 6/8 balls placed around the square. Players move around the square doing dynamic stretching. On coach's command, players pressure a static ball in the 'surf' position (50-75%).

Progress to:

1. Sprint 100% to ball
2. Sprint, then back up three yards in the surf position, pivoting each side



Pressure

Pressure quickly

Body Position

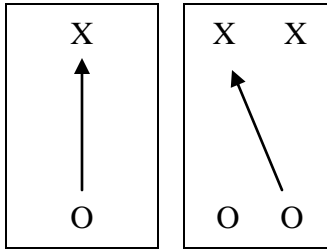
"Surf" backwards and change feet/position

Eyes on ball

1v1 / 2v2 / 3v3 to end line

X plays ball to O who attacks and tries to beat X and get over end line with a dribble. Progress to 2v2 and 3v3.

(Progressions from 1v1- 2v2 -3v3 should take around 15 mins each, depending on success)



Pressure

Angle and speed of pressure

Slow-down as approach ball

Patience – wait for the right time to tackle (when ball is loose/off defenders foot)

Cover

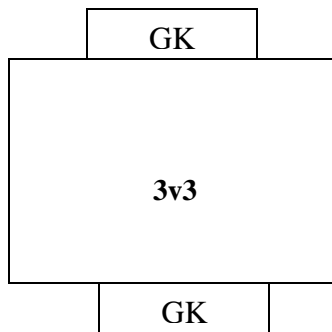
Depth/positioning – covering 1st defender and 2nd attacker

Communication

Adjustment of position/switching of roles

3 v 3 to goal with GK

GK starts the game by throwing the ball to opposite team. Play 3v3 to goal



Balance

Positioning

Communication

Switching roles

Positioning:

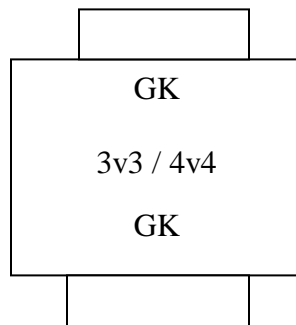
Depth

Forcing the play inside/outside

Closing passing lanes

Stopping shot/cross

Regular Scrimmage



All of the Above