

LOUDOUN SOCCER



Session Theme

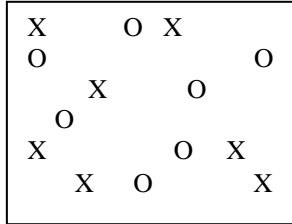
Group Defending

Objectives

To develop players' abilities to defend vertically and laterally and close down passing lanes

Warm-Up:

Keep away – defending team can pressure but not win ball. Coach changes possession every 30 seconds

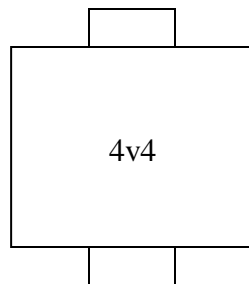


Speed, angle and distance of pressure

Communication and Organization

4v4 to small goals

Teams play 4v4 to small goals with no GK's



Shape – compact

Communication

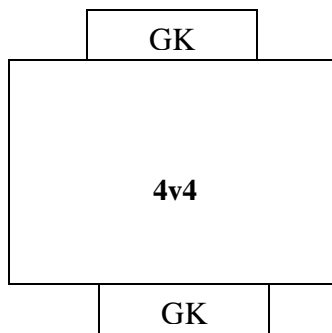
Closing passing lanes

Marking – tight (man) only where necessary. Just close enough to pressure if that player gets ball

Patience – wait for the right time to tackle

4 v 4 to large goals with GK

As above, but with large goals and GK's. Defending team must try and close down space and passing lanes



Depth

Positioning:

Dictating play

Adjustment of position/switching of roles

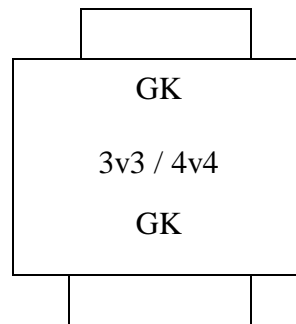
Closing passing lanes:

Start position

Correct shoulder

Adjustments as ball moves

Regular Scrimmage



All of the Above