

LOUDOUN SOCCER



Session Theme

Group Defending (Weeks 5 and 6)

Objectives

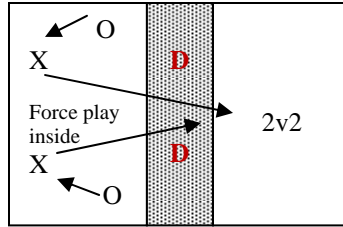
To develop players' abilities to make play predictable and close down passing lanes

Warm-Up:

Jogging, side-stepping and dynamic stretching. Players "pressure" a static ball.

Pressuring angles:

2v2 keep away – defending team must try to pressure at angles that force their team to play through the central zone, where additional defenders are.

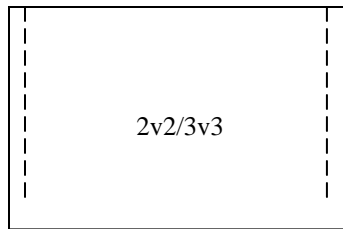


Speed, angle and distance of pressure

Communication and Organization

2v2 / 3v3 to end line

2v2 to end line. Teams play 2v2 to end line. Pressuring player must choose a side of the ball to pressure on (angle) to dictate the play in one direction



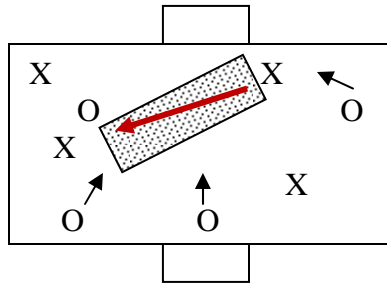
Shape – compact

Correct shoulder

Communication

4v4 to small goals

Teams play 4v4 and defending team must try to close passing lanes.



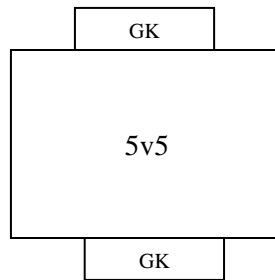
Read visual clues (body language) of player on ball

Closing passing lanes

Marking tight (man) - only where necessary. Just close enough to pressure if that player gets ball
Step and win ball where possible

5v5 to large goals with GK

Pressuring player must not allow player on ball to change direction laterally (making the play predictable). Team mates behind (covering and balancing defenders) must adjust position accordingly to keep team shape compact and reduce the size of the field.



Depth

Positioning: Dictating play

Adjustment of position/switching of roles

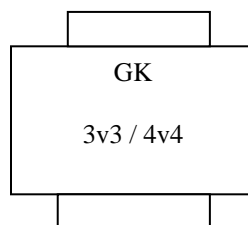
Closing passing lanes:

Start position

Correct shoulder

Adjustments as ball moves

Regular Scrimmage



All of the Above