

**LOUDOUN SOCCER**

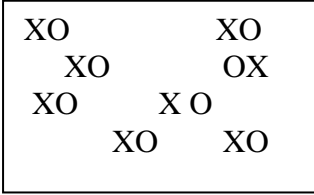
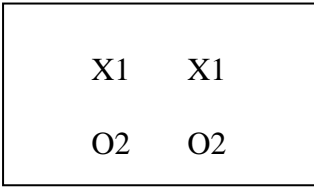
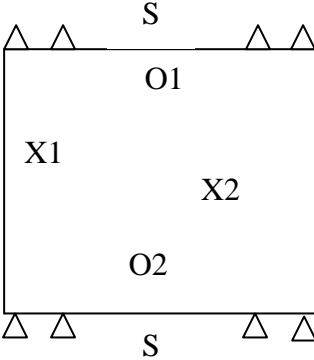
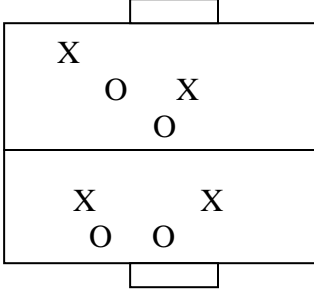


**Session Theme**

2v2 Defending

**Objectives**

Contain the attack  
Provide cover/depth on defense

Phase & Activity	Diagram	Coaching Points
<p><b>Warm-Up:</b> Follow the leader – X dribbles and O tracks him around the square</p> <p><b>1 v 1 Defending</b> X and O compete to get over each other's end lines</p> <p><b>Progress to 2 v 2</b></p> <p><b>2 v 2 (+ support) to small goals</b> X's start the game by playing ball across to O's. O's must beat X and score in either goal. Players can drop ball back to support player and switch with them</p> <p><b>4v4 in two halves</b> Teams play 2v2 in each half of field, focusing on pressuring and covering defending</p> <p><b>Progress to players moving out of their half in attack, but other players must rotate to keep 2v2</b></p> <p><b>4v4-6v6 Scrimmage</b></p>	   	<p>Body Posture</p> <p>Correct defensive stance</p> <p>Do not over commit</p> <p>Patience</p> <p>Angle of pressure - force 1<sup>st</sup> attacker towards second defender</p> <p>Slow the attacker down</p> <p>Force attacker out of play if he is near the touchline</p> <p>Recovery runs once beaten</p> <p>Contain attack if in 1v2 situation</p> <p>Positioning relative to supporting defender</p> <p>As above</p>