



Training Session

Defending • Roll of 1st & 2nd Defender

Key Coaching Points

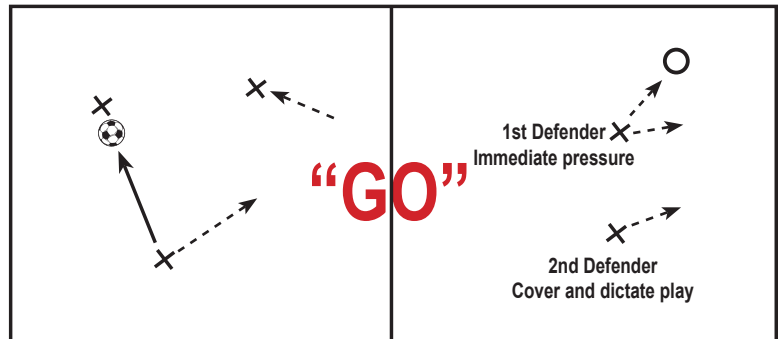
Technical Warm-Up

Pass and move till coach yells "GO".
 Player with the ball becomes offensive player.
 Player closest to the ball becomes the 1st defender.
 Player furthest from the ball becomes 2nd defender.

Key Coaching Points

1. 1st Defender-Immediate pressure
2. 2nd Defender-Cover and dictates direction of play.

Organization



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Small-Sided Activity

Principle of play: Pressure/Cover

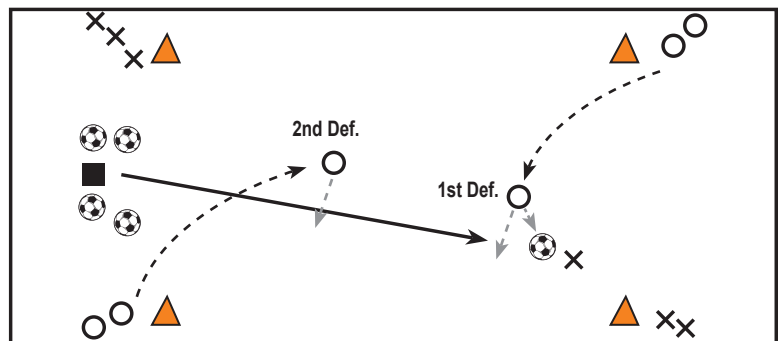
2v1 to alternate corners. Coach plays to "X" & "X" tries to dribble to opposite corner.

1st "O" put immediate pressure, & the 2nd "O" drops to cover position then dictates direction of play

Key Coaching Points

Pressure/Cover
 Watch for visual cues to decide on type of pressure.
 (ie. Bad 1st touch, flighted ball or back turned)

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Expanded Small-Sided Activity

2v2 to 2 small goals.
 Coach plays the ball. 1st Team to get it assumes the offensive role.

Key Coaching Points

Pressure/Cover
 Watch for visual cues to decide on type of pressure.
 (ie. Bad 1st touch, flighted ball or back turned)
 Recovery runs if beaten.

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6v6 to Big Goals

Coach 1st & 2nd defender.

