

## Model Training Session

Defensive principles: pressure – cover defending

Presented by Joe Asturias

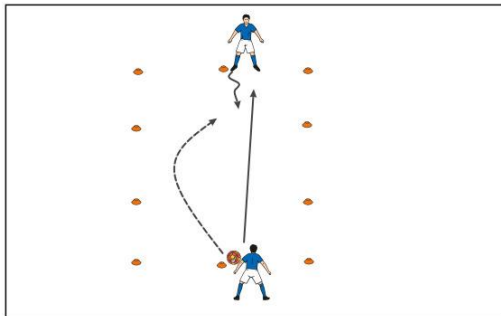
Lakeville Spring Coaching Clinic

March 2017

This session focuses on the roles of the first and second defender. Through this session players will improve the way they pressure the ball (first defender) and how they provide cover for their teammates (second defender) when the other team has the ball.

### 1. Warm up (24x20)

- Every player with a ball, coach calls out technical skill that player focuses on for a 30 second time period. Vary technical skills. Focus is to get touches on ball and get players warmed up.
- Remove two balls from group. Players without a ball attempt to steal ball from players with ball. Once player steals a ball, player now without a ball must attempt to steal another players ball. Encourage players not to be one without a ball at the end. Play for two minute intervals.

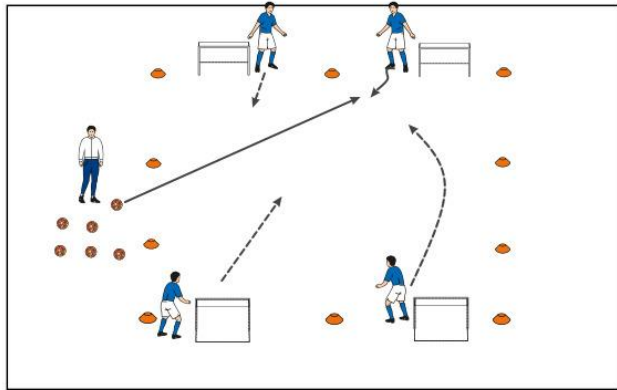


### 2. 1v1 to end lines (12x20)

- No ball, 1v1 tag
- Ball added, Passive defender (doesn't tackle)
- Normal 1v1

#### Coaching points

- (1) Angle of pressure on the ball (*Make play predictable*)
- (2) Communication (“I go”)
- (3) Distance from player and Defensive stance
- (4) When to step/tackle (*when opponent takes bad touch. Be patient.*)

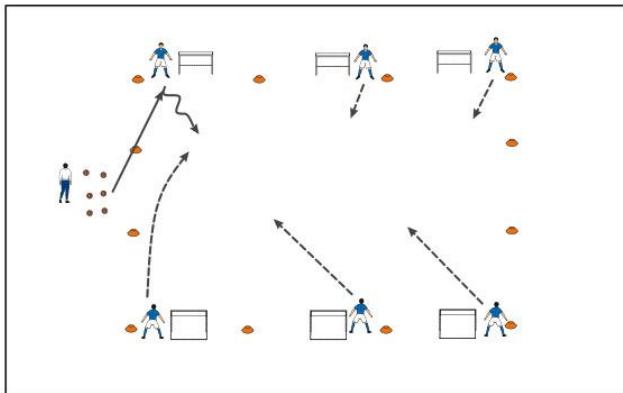


### 3. 2v2 to two wide goals (24x25)

Coach plays ball in to a team that attempts to score in goals across grid. Play resets with coach after a goal or out of play.

#### Coaching Points

- (1) 1<sup>st</sup> defender angle of pressure to force play toward teammate
- (2) 2<sup>nd</sup> defender provides cover for 1<sup>st</sup> defender
- (3) Defender role can change as ball moves
- (4) Coaching points from previous activity (angle, communication, distance/stance, when to tackle)



### 4. 3v3 to 3 goals (35x25)

Coach plays ball in to a team that attempts to score in goals across grid. Play resets with coach after a goal.

#### Coaching Points

- (1) 1<sup>st</sup> defender angle of pressure to force play toward teammate
- (2) 2<sup>nd</sup> defender provides cover for 1<sup>st</sup> defender
- (3) 3<sup>rd</sup> defender provides balance
- (4) defender role changes as ball moves
- (5) coaching points from activity 2 (angle, communication, distance/stance, when to tackle)

### 5. 6v6 scrimmage (40x50)