

Lakeville Soccer Club
Model Training Session
Defending Principles: Pressure & Cover
Chad Moore – Director of Coaching



Pressure Player(s) Coaching Points:

- Speed and angle of approach run
- Body shape (“athletic stance”)
- Distance and angle of pressure/cover
- Footwork
- When and how to win the ball (PATIENCE!!!)
- Communication



Warmup

Player dribbles across the area while the passive (no tackling)
defender slowly retreats

Switch roles and return to the starting line

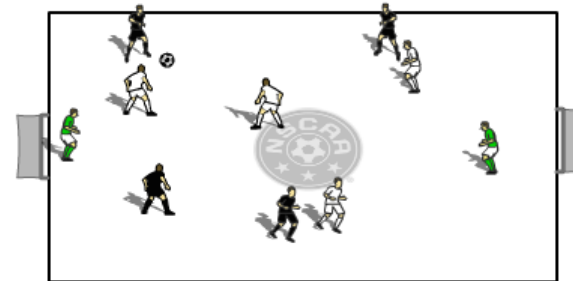
1v1 to endlines (12 yards x 10 yards)

1v1 with each player attempting to dribble across the opposite
endline



2v2 to 3 Small Goals (20 yards x 25 yards)

2v2 with each team attacking 3 goals and defending 3 goals



5v5 to large goals (45 yards x 35 yards)

All match rules apply (including offside)