



**Model Training Session**  
**Pressure (1<sup>st</sup> Defender)**  
**Chad Moore – January 2016**

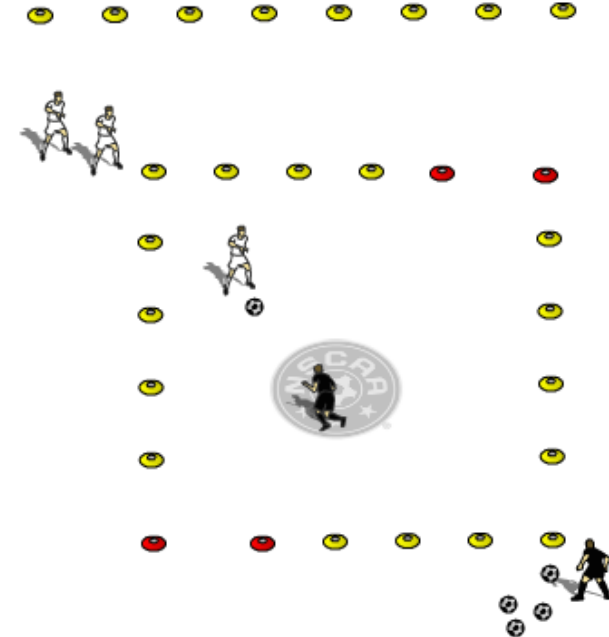
**Warmup**

- Two lines of cones 15 yards apart
- One player dribbles from one line to the other
- One player takes a defensive position between the ball and the opposite line
- NO TACKLING



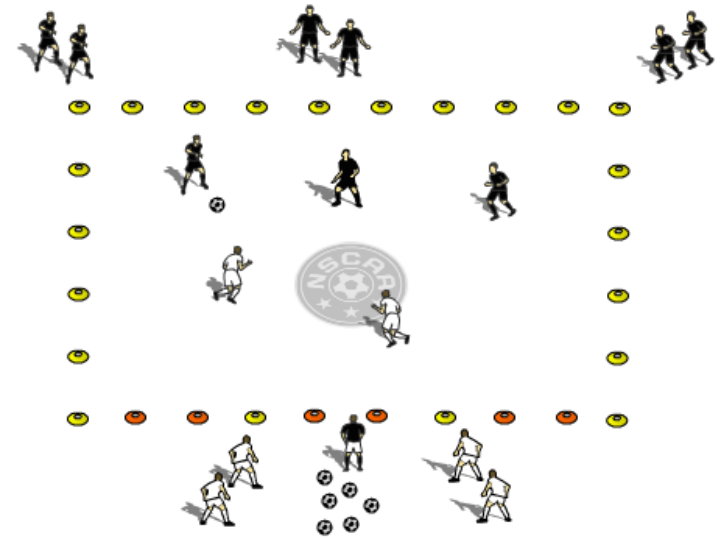
**Small-Sided Activity – 1v1 to 1v2**

- 15 yard x 12 yard field with 3-yard goals in opposite corners
- 1v1/1v2 with each team attacking one goal and defending one goal
- Activity begins when a player passes ball across grid to opponent



### Expanded Small-Sided Activity – 3v2

- 25 yard x 20 yard grid with three small goals on one line
- Team of 3 players attempt to score on three small goals
- Team of 2 players attempt to dribble across opposite line
- Activity begins when coach passes ball across grid to team of 3 players



### 6v6 Scrimmage

- 50 yard x 33 yard grid with full sized goals

### COACHING POINTS:

Pace and angle of approach  
Body shape (“athletic stance”)  
Angle and distance to player in possession of the ball  
Footwork  
When and how to win the ball (PATIENCE!!!)  
Communication  
Switching roles

