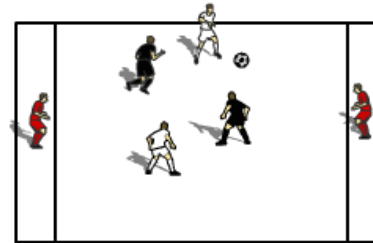
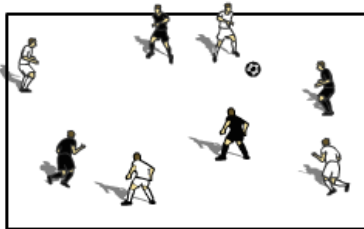


**Lakeville Soccer Club**  
**Model Training Session**  
**Defending Principles: Support**  
**Chad Moore – Director of Coaching**



**Coaching Points:**

- Distance, angle and timing of support
- Variety of support (left, right, front, back)
- Team shape (“get big”)
- Individual shape (“open to field” “heels on line”)

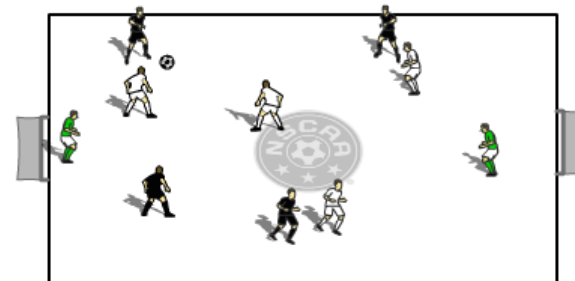
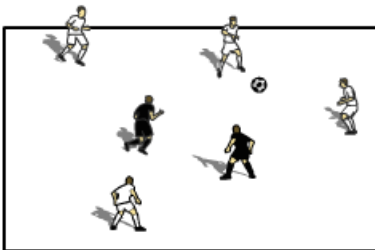


**2v2 to Targets (30 yards x 20 yards + 2 yard endzones)**

2v2 inside the area with the objective being to pass ball to a target  
(Target players passes ball back into the same team)

**Warmup (20 yards x 15 yards)**

- Pass and move in groups of 3 or 4 (each group with 1 ball)
- Attempt to create long passes
- Attempt to play quickly



**5v5 to large goals (35 yards x 25 yards)**

All match rules apply (including offside)

**4v2 (20 yards x 15 yards)**

- Team of 4 attempts to connect as many passes as possible
- Team of 2 attempts to pass the ball to the coach or dribble out of grid