

9/8/08 PRACTICE EPSC U96 6-730

DEFENDING  
PASSING

## I. WARM UP

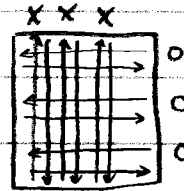
LARGE GRID - USUAL COACHING POINTS

- FOCUS ON RIVELIND - STEPOVER VARIATION - PUSH TO OUTSIDE VICE VERSA INSIDE
- MUST HAVE CHANGE OF PACE W/ RIVELIND MOVE!!

## II. DRIBBLING UNDER PRESSURE

DOWN & BACK DRILL

- ON "GO" PLAYERS DRIBBLE TO OTHER END & BACK
- 1<sup>ST</sup> PLAYER BACK FROM EACH TEAM GET 1 POINT, PLAY TO 4

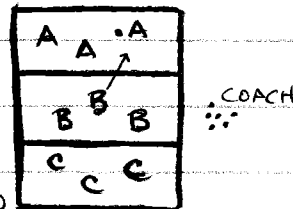


## III. SHIELDING / DEFENDING / DIRTY SOCCER

- PAIR PLAYERS EVENLY
- 1 STARTS WITH BALL, OTHER DEFENDS
- ATTACKER ATTEMPTS TO TURN W/ BALL TO FACE DEFENDER FOR A POINT
- DEFENDER STAYS IN CLOSE TO PREVENT, TRIES TO GAIN POSSESSION
- CHANGE OVER STARTING ATTACKER / SWITCH PARTNERS
- EMPHASIZE DEFENDING TECHNIQUES - PATIENCE / ATHLETIC STANCE

## IV. 3 LINE GAME

- A'S ATTEMPT TO COMPLETE 3/4 CLEAN PASSES
- 1 B PLAYER IN TO DEFEND, GAIN POSSESSION
- IF A'S MAKE PASSES, CLEAN PASS THRU B'S INTO C'S, C'S CONTINUE - ANOTHER B TO DEFEND
- IF B GAINS POSSESSION, BALL PLAYED INTO C'S BY COACH, B'S REPLACE A'S A'S MOVE IN TO DEFEND



## V. SSG.

- FOCUS = GOOD PASSING  
SMART DEFENDING