

Bellevue Soccer Club -- Training Session

P.O. Box 373 Bellevue NE 68005 | 402-292-3222 | BSCNEB.ORG



Session #4 Tech/Tac – 1st Defender

| Activity | Description | Coaching Points |
|--------------------------|--|---|
| Warm-up 15 min | Trainers Choice | <ul style="list-style-type: none"> -- Encourage patience -- Correct body technique |
| 1v1 To Line 15 min | 20x10 yd. field (I would recommend 2 games) Defender plays ball to attacker – Attacker must stop ball on line to score. | <ul style="list-style-type: none"> -- Immediate pressure -- Encourage players to delay before tackling |
| End Game 25 min | 4v4 (no GK) 30x20 grid w/ small goals -- Var. 1 – Players may not run (only speed walking) -- Var. 2 – No restrictions | <ul style="list-style-type: none"> -- Immediate pressure -- Channel players to flanks -- When speed walking, discuss making player predictable |
| Cool Down | Trainer's Choice | |

Possession | Progression | Penetration | Protection