

St. Mary's Youth Soccer Training Series

Topic: 2nd Defender
Age/Level: ALL
Type:

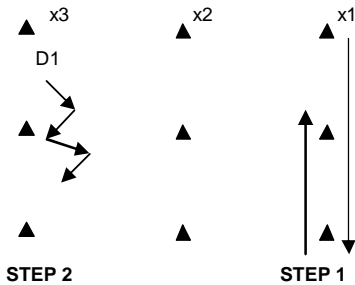
→ Run Pass ●~▲ Dribble



Notes: This session is designed to progress the players understanding on the role of the second defender. Focus should be on communication, position off 1st defenders shoulder, and ability to take on role of 1st def should the 1st defender get beat.

Session provided by: Gregg Shimp

Progression: 1a & 1b (Warm-up)
 Exercise: Column Drill
 Time: 10 Minutes

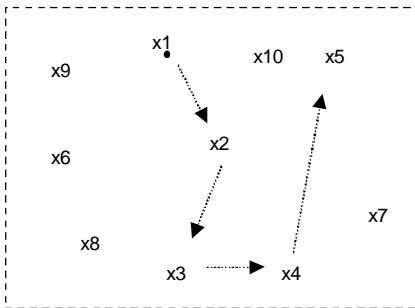


STEP 1- Set up three columns of cones ~ 5 yds apart, & 3 rows of cones ~ 8 yds. Apart. You will break Your team into 3 lines to start exercises. The Leader of each line will have their group on the Left side of the first cone and will call each exercise To their group as they go thru the warm-up.

1. Jog down left side around last cone come back On rt. Side (3x)
2. Side shuttle down Swing arms across & job back (3x)
3. Kariokie down, & jog back(3x)
4. High skip down, jog back(3x)
5. Low skip down, jog back(3x)
6. High inside/outside leg rotation (like throwing Leg over short fence)(3x)
7. Opposite of 6 outside to inside (3x)
8. Jog 1st cone, sprint 2nd cone(3x)
9. Fast feet in place, lean slightly forward, sprint To first cone, jog to second(3x)

STEP 2- Shadow defend w/no ball in pairs ~ 20 yards and switch. Emphasis on stance low, knees bent, shuffle feet. 10 minutes
****Stretch as team in between each warm up progression**

Progression: 1c (Warm-up)
 Exercise: Numbers Game
 Time: 10 Minutes

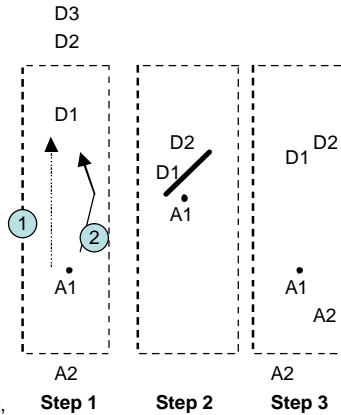


Using a 20x20 grid, make sure all the players are numbered from 1 to 10. Give the ball to number one, and as soon as the session starts, number 1 will give to number 2, number 2 will give it to number 3 and so on until it gets to number 10, and the cycle begins again. This will force the players to communicate, open up their bodies, and play a crisp ball into the players feet.

VARIATIONS TO CONSIDER – Restrict to one touch passing, incorporate punishment if drill is not executed (Push-ups, sit-ups)

IMPORTANT – Everyone must keep on the move, stretch regularly

Progression: 2
 Exercise: 1v1
 Time: 30 Minutes



Step 1 Step 2 Step 3

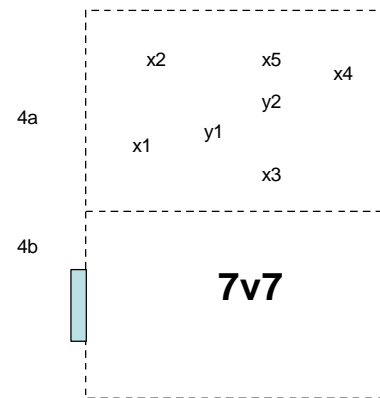
STEP 1 - Make (2) 20x10 grids. Once these teams are established split the group in half and place on either end of the grid. The ball will start at a designated end, once a player has passed the ball across the grid he becomes the defender and the player with the ball becomes the attacker. This will continue until a good level of quality defending has been reached. 10 minutes

STEP 2 - 1 attacker vs. 2 def. Coach key factors at this point, speed to cover, angle/position, when to delay/tackle, COMMUNICATE. Same as step 1 w/ attacker receiving ball from D1 then D1 and D2 Def.

STEP 3 - Now you progress to 2v2, can the 2nd def now help out with winning the ball, but also be aware of the 2nd attacker and help eliminate from game. Switching roles if 1st def. gets beat and choosing to delay or tackle based on 2nd def. position.

IMPORTANT – 2nd def. allows 1st def to become more aggressive & shift from delay to making tackles.

Progression: 4a & 4b
 Exercise: 5v2 & 7v7
 Time: 40 Minutes



4a). Using the grid you set up for warm up, play 5v2, emphasis speed of cover, communication, and angle of cover. Look for def. shifting roles and staying tight enough to not have a ball played thru them (split them). Rotate X players in as def. if they lose the ball or Y player wins ball. 4b). Now expand the grids based on age of players and play 7v7 with goals. Points made during the game should still focus on 2nd def. Make sure to paint the picture for all to see both positive and negative.