

St. Mary's Youth Soccer Training Series

Topic: 3rd Defender
Age/Level: ALL
Type:

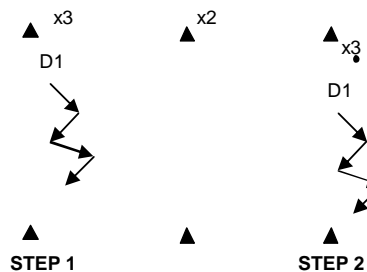
→ Run Pass ●.....▲ Dribble



Notes: This session is designed to progress the players understanding on the role of the third or balance defender. Focus should be on communication, position off 1st & 2nd def., and ability to take away space for other attacking players to use.

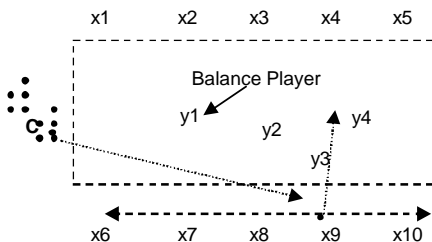
Session provided by: Kyle Rambo

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



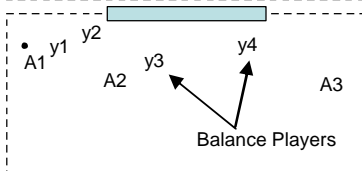
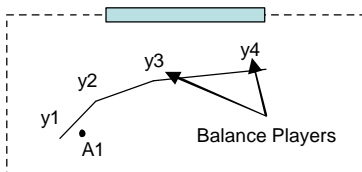
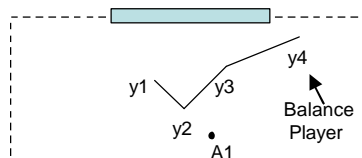
STEP 1- Shadow defend w/no ball in pairs ~ 20 yards and switch. Emphasis on stance low, knees bent, shuffle feet. 10 minutes
STEP 2- Shadow defend with ball in pairs ~ 20 yards and switch. Emphasis on stance low, knees bent, shuffle feet. 10 minutes
Variation: Have the players back and forth while One player is moving backward
****Stretch as team in between each warm up progression**

Progression: 2
 Exercise: Balance Drill w/balls
 Time: 20 Minutes



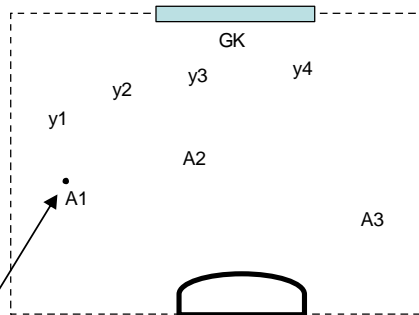
In a grid 10x25 the coach will play balls in from side to x players who will play balls side to side to teammates until they think they have created a lane to pass across to the other side x players. Balls must be played on ground. Focus is on the 3rd defender (in this example it is y1). X players receive 1 point each time they get ball played thru. Def. get a point for each 3 stops they make.
Variations/points to consider: Want to maintain good shape with pressure, cover, balance. X players trying to move y players side to side to break them down to pass across grid. Communication is the key to movement, someone should always indicate, "I'm up". If x players can play balls across to outside players, they get 2 points, this will put emphasis on balance player

Progression: 3
 Exercise: Walk Thru Shadow
 Time: 20 Minutes



Have attacking players walk with ball outside as if attacking flanks, attack deep as if late crossing ball, cut inside to attack middle, attack wide & cut inside to simulate early crossing ball.
Variations/Points to consider: Make sure 3rd defender is giving proper depth, maintaining width when necessary and tucking in tight when necessary. Create attacking schemes and have defenders react. Remember, this is shadow play, designed to help paint pictures and bring out coaching points.

Progression: 4a & 4b
 Exercise: Small Sided game 7v7 Game
 Time: 20-30 Minutes



Using a 40x30 grid, you will now play balls into 3 attacking players for free play to goal vs. 4 def. and a GK. Focus and coaching points again on balance players in this picture y3 and y4.
VARIATIONS TO CONSIDER – 7v7 to 2 goals with GK's.