



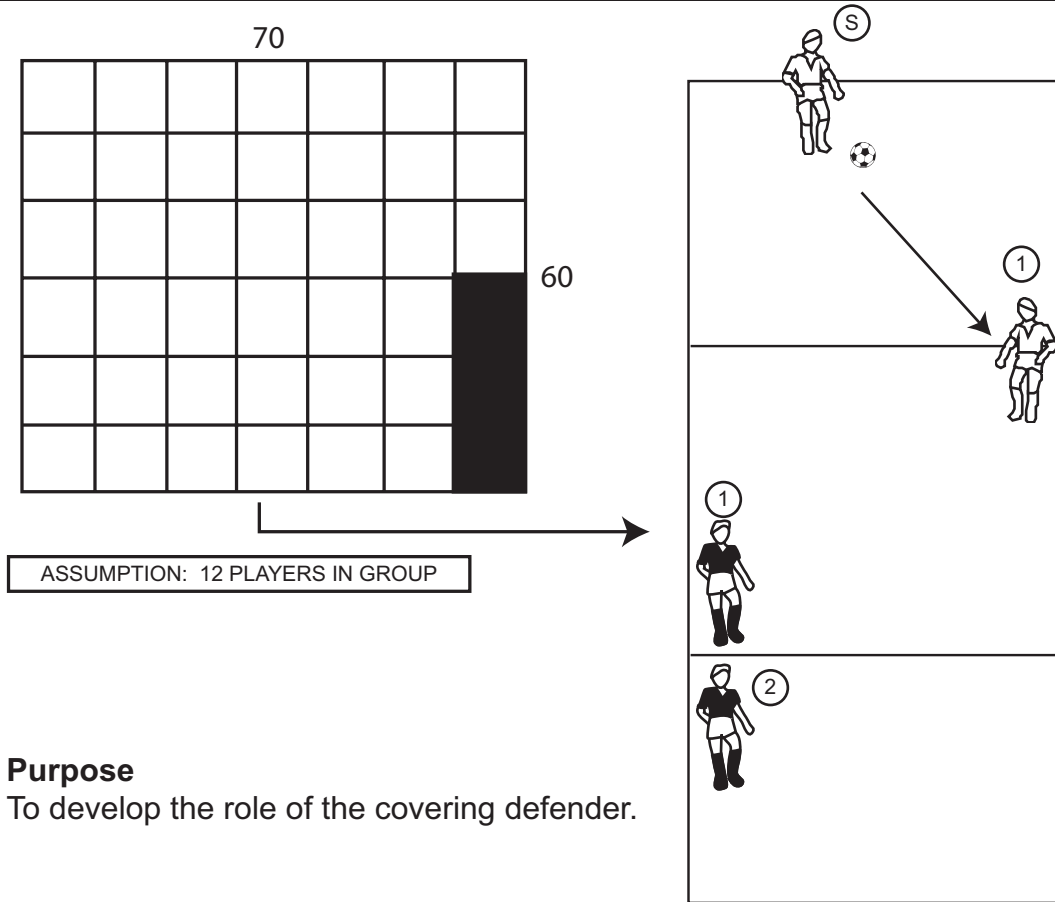
THE OFFICIAL CAMP AND CLINIC OF MAJOR LEAGUE SOCCER

**TRYOUT
&
PLAYER EVALUATION**

Games - Defensive

COACHING SESSION - Defending To Win

Defending 2 v 1



Purpose

To develop the role of the covering defender.

Organization

Set out a 10 x 30 yard area in 10 yards grids. Repeat in two other areas for a total of 12 players.

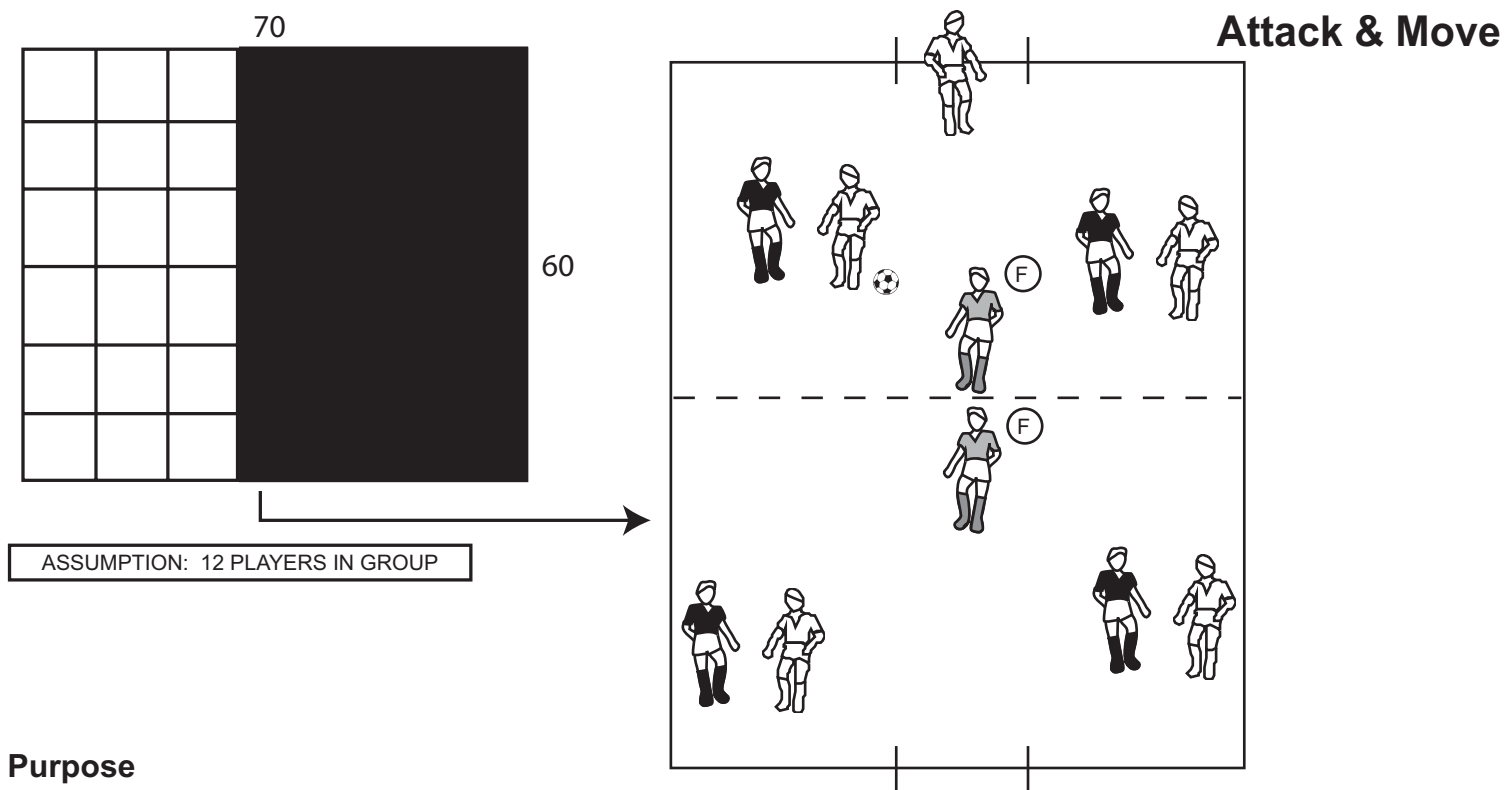
Game Objective

Server plays the ball to light player #1. Dark defender #1 closes down the space to light player #1 while the covering dark defender #2 positions himself on the inside and within 10 yards of the primary defender. The covering defender communicates information to the challenging defender and becomes the challenging defender if the initial defender is beaten.

Key Coaching Points

1. The challenging player should force the opponent down the touchline blocking the opponent's route inside.
2. The covering defender should be at the correct angle and distance from the primary defender.
3. The covering defender should communicate with the first defender when and where to challenge for the ball.

PRACTICE LIKE A PRO - Passing & Support



Purpose

To develop movement off the ball in attacking areas.

Organization

Set out a 40 x 60 yard area. Station two teams of five players and two floating players in the area as shown in the diagram, with goals at each end of the field.

Game Objective

Both teams score 1 point for a regular goal, but can score a goal worth 2 points by combining with a floating player in the defensive half and executing a successful movement off the ball, such as an overlapping run or give and go. If they can do the same in the attacking half, the goal is worth 5 points. The first team to 10 points is the winner.

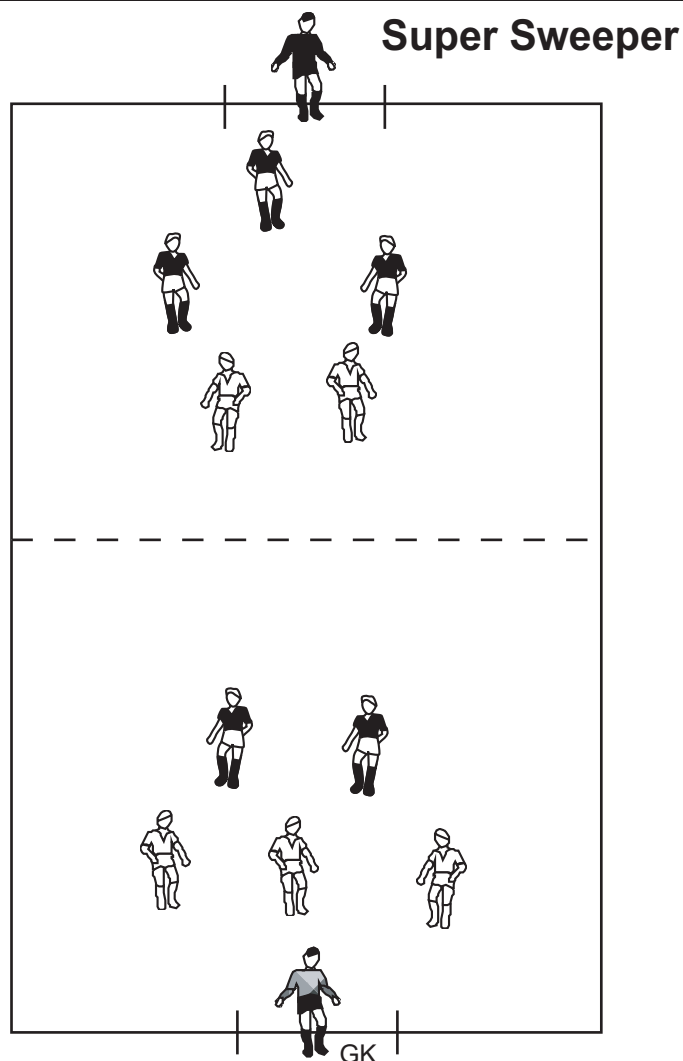
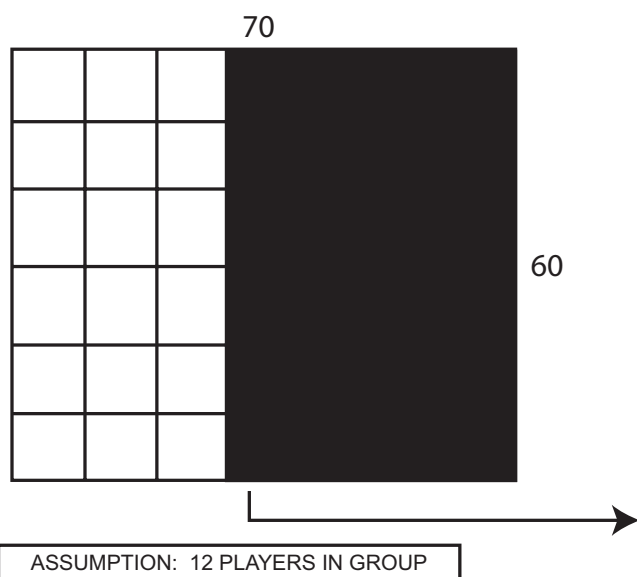
Progressions

1. If a team can combine successfully with the floating players in both halves they win the game!
2. Every successful movement off the ball prior to the build up to goal adds an additional point.

Key Coaching Points

1. Create space long and wide.
2. Look to combine with a floating player in the attacking half first. Remember your passing priorities!
3. Communicate effectively with your teammates.
4. Be creative and vary your movement.

MLS TOURNAMENT - Defending To Win



Purpose

To develop marking in a small sided game and the development of the sweeper role.

Organization

Set out a 40 x 60 yard area. Divide the area in half and station two teams of six players in the area as shown in the diagram, with 3 defenders in the defensive half and 2 attackers in the attacking half.

Game Objective

Two defenders from each team are given an attacking player from the opposition to mark and may only steal the ball from that player. The spare defender may steal from either of the attackers. Players may not leave the half to which they have been designated.

Progressions

1. If a defender passes the ball to an attacker they may join in the attack as long as the ball remains in the attacking half.
2. Take away the halfway line.
3. Introduce the offside rule.

Key Coaching Points

1. React quickly to changes in possession and find your player to cover.
2. As the spare player, look to double up on attacking players by providing support for the marker.
3. Defend actively and look to intercept passes or pressure the first touch whenever possible.