

4 week TRAINING PROGRAM **L**OCK DOWN



AIRCHARGED TRAINING

LOCKDOWN

4-WEEK TRAINING PROGRAM

Its time to go into **lockdown**....Don't worry, not that kind of lockdown. I'm talking the kind of defensive lockdown that would make Dennis Rodman proud. At the point of writing this me and Raid managed to achieve Grand Champion 3 Div 3 in our no mechanics series that prioritises on defensive systems.

Throughout the experience I have personally felt that my defending and transitioning from defense to offense has levelled up hugely, despite only playing this style for a total of about 5 hours.

Now I am not promising you can level up your defensive abilities to lockdown GC3 players in 5 hours, but if we never try to develop these skills, well, they probably won't develop to a level that matches our opponents offence, or our own offense.

Offense has taken the lead in this game, and with good reason, nobody remembers that amazing save from the season 5 RLCS finals. If you are wondering which save I am talking about, I honestly don't know, because nobody remembers it, including me!

Now this is not to be misconstrued that I hate offense and only enjoy defense, this is not true at all. I am merely trying to point out that people don't consciously work to become lockdown defenders. Eliminating the opponents ability to set up any of their offense.

Currently the defensive meta focuses on diving on every ball, which although can be a good strategy. With patient offense from the opponent and mastery of low 50s and fakes, this can become difficult, especially in 2s and 3s whereby the positioning that allows the opponent to "win" the challenge is actually a trap that allows your teammate can get a free ball.

Imagine if you would, that your offensive ability right now for your rank probably sits at around **7-8/10**, but in my opinion most peoples defensive abilities sit at around **3-4/10**. If you were able to get the defensive aspect up to **7-8/10**, imagine how dominant you would be.

Scoring an average of 2-5 goals in 2v2, and allowing 0-1 goals per game, this is domination.

So in the following 4 week training program I am going to layout a program I have personally been working on with myself and other players who have increased their defending tenfold in my opinion.

It's time to go back to **LOCKDOWN!**

WEEK 1-4

Backboard Day

Backboard backflips	1 Training pack	6 mins
Backboard clears	1 Training pack	6 mins
Backboard turn outs	1 Training pack	6 mins
Backboard soft clears	1 Training pack	6 mins
		24 mins

Aerial Blocks

Hover method	1 Training pack	6 mins
Backboard flight	1 Drill	6 mins
Wall flight	1 Drill	6 mins
		18 mins

Shadow Day

1v1 Shadow	2/3 Drills	25 mins
		25 mins

Drag Back Day

Straight over	1 Drill	6 mins
Backboard stop	1 Drill	6 mins
Undercuts	1 Drill	6 mins
Hit box follow	1 Drill	6 mins
		24 mins

Back Post Day

Back post saves	1 Training pack	8 mins
Deep saves	1 Training pack	8 mins
		16 mins

Touch Grass
PLEASE

Touch Grass
PLEASE

*This program can be started on any day, I would recommend having a break on day 3 and day 7.

DAY 1

Backboard Day

Backboard	1 Training pack	24 mins
		24 mins

1/ Backboard Backflips I Pack: 20C1-273B-99B9-B96C

Head into the training pack, the focus for the backflips are going to be the first 10 shots, 5 on the right, 5 on the left.

The goal here is to have the first touch on the ball be via a backflip.

How this is achieved is by matching the height of the ball as soon as possible, this way we have more 'wiggle' room to make adjustments up or down as it comes round.

Once aligned with the ball, perform a backflip and it should ideally put the ball back into the corner.



Beginner

You can regress this by simply breaking and letting the ball hit you, or doing a break into a single jump.

Advanced

The progression for this is to turn the backflip into a half flip, this will allow you to stay on the ball, or, get a follow up.

Repeat the first 10 shots (using D-pad left and right to select them in the pack) for a total of 6 minutes before moving on.

Time - 6 minutes

Backboard Day

Backboard	1 Training pack	24 mins
		24 mins

2/ Backboard clears I Pack: 20C1-273B-99B9-B96C

Head into the training pack, the focus for the clears are going to be the last 10 shots, 5 on the right, 5 on the left.

The goal here is to smash the ball away via side flip.

The important thing to note here is that, although we could hit it before it goes up the backboard. Due to the speed its better to allow it to roll up and simply take it over. If we turn into this, the ball becomes more volatile and then we may lose control/possession of the ball.

I like to use side flips on the backboard, this can be done via a sideflip infield (outward - maybe to a teammate on the walls waiting for a pass) or outfield (towards net - maybe to smush it and keep it pinned against the wall).



Repeat the last 10 shots (using D-pad left and right to select them in the pack) for a total of 6 minutes before moving on.

Time - 6 minutes

Backboard Day

Backboard	1 Training pack	24 mins
		24 mins

3/ Backboard turnouts I Pack: 20C1-273B-99B9-B96C

Head into the training pack, the focus for the turnouts are going to be the first 10 shots, 5 on the right, 5 on the left.

So, this is now starting to evolve into options and strategy, from the same ball earlier we had back flips. Backflips are good if the opponent is directly behind the ball, and trying to force it round, our have hit the ball up the backboard and pushed forward to the centre position.

Now we have a situation whereby the opponent has played the same ball and are sitting under us or killing their momentum in our corner with 0 boost. Here we want to turn into the ball to try and get it past them before they are able to recover.



Repeat the first 10 shots (using D-pad left and right to select them in the pack) for a total of 6 minutes before moving on.

Time - 6 minutes

Backboard Day

Backboard	1 Training pack	24 mins
		24 mins

4/ Softplays I Pack: 20C1-273B-99B9-B96C

Head into the training pack, the focus for the soft touches are going to be the last 10 shots, 5 on the right, 5 on the left.

Last time we blasted these away, good if opponents are over committing and we can try and hit them in transition. But what if they are smashing the ball and waiting back for return fire? Never do what they want! Here just simply touch the ball softly over, try and stay behind the hitbox all the way down.

More advanced players can attempt soft touches into air dribbles as well. Remember, its about mixing it up with multiple safe options to see which has the most success.



Repeat the last 10 shots (using D-pad left and right to select them in the pack) for a total of 6 minutes before finishing.

Time - 6 minutes

DAY 2

Drag Back Day

Straight over	1 Drill	6 mins
Backboard stop	1 Drill	6 mins
Undercuts	1 Drill	6 mins
Hit box follow	1 Drill	6 mins
		24 mins

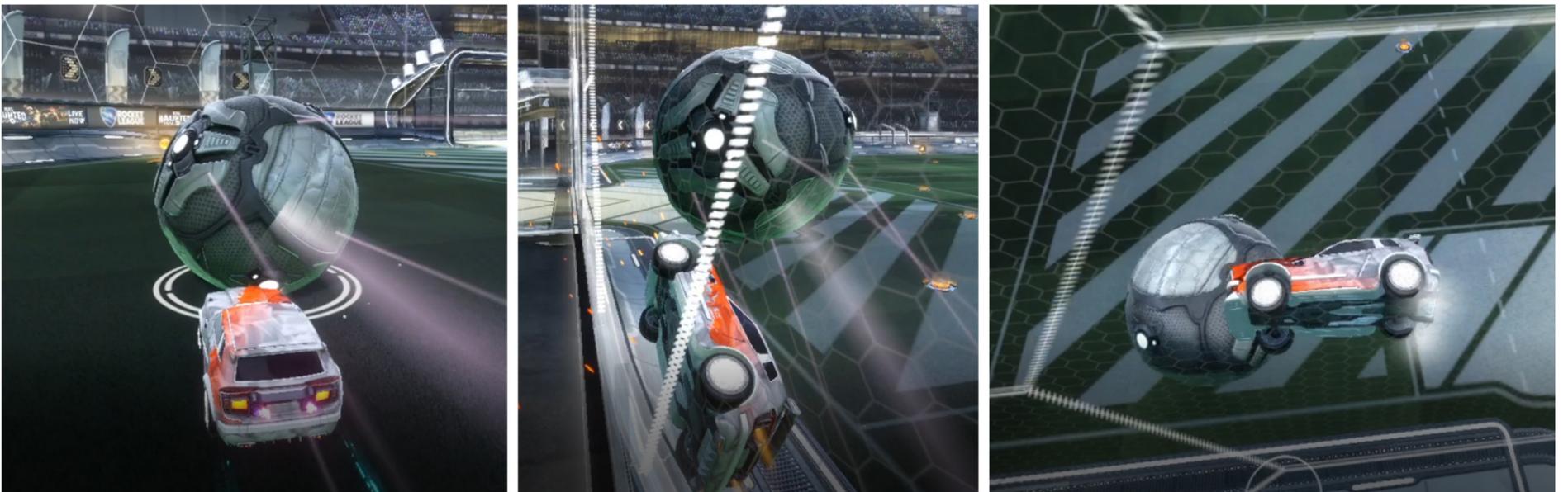
1/ Straight over | Freeplay

This is such an overlooked drill, especially for people hanging around the plat-champ 3 range.

We know the importance of ball control and possession; the problem is our natural reaction is to turn back into the play and push at the net. Many people never really consider just taking it back and using this as a trap.

For this drill, whilst in free play drive down the wing with the ball (use down on the D-pad to put the ball in front of you).

Then simply accelerate the ball at the corner and keep the speed consistent and go straight over. Try and stay behind the ball all the way over, as you advance learn to flick your camera stick in-field. Also practice tapping camera button to view behind.



You should get into a flow with this going round and round the pitch, after 3 minutes, turn around and go the opposite way.

Time - 6 minutes

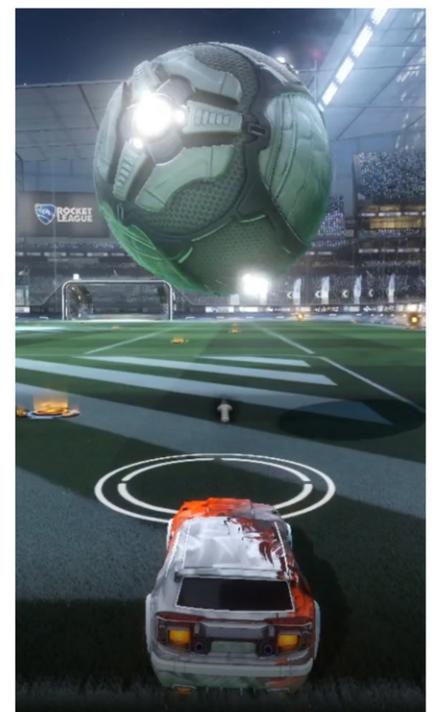
Drag Back Day

Straight over	1 Drill	6 mins
Backboard stop	1 Drill	6 mins
Undercuts	1 Drill	6 mins
Hit box follow	1 Drill	6 mins
		24 mins

2/ Backboard stop | Freeplay

Here we go with the strategies again. So, the last example would be good if someone is chasing you at supersonic speed and has been going for demos. This method is good if the opponent has not shown smooth defensive movement and has been diving randomly but aren't rushing you.

Here it's the exact same thing, but the ball ideally is a fraction slower. Here we go in front of the ball attempting to match the height as soon as possible and touching it with the side of our car. Depending on the speed we can either do this with our nose facing up, or down. If its slower, and ideally, we do it when the nose is facing down. However, sometimes that isn't possible.



You should get into a flow with this going back and forth, which will work both sides evenly.

Time - 6 minutes

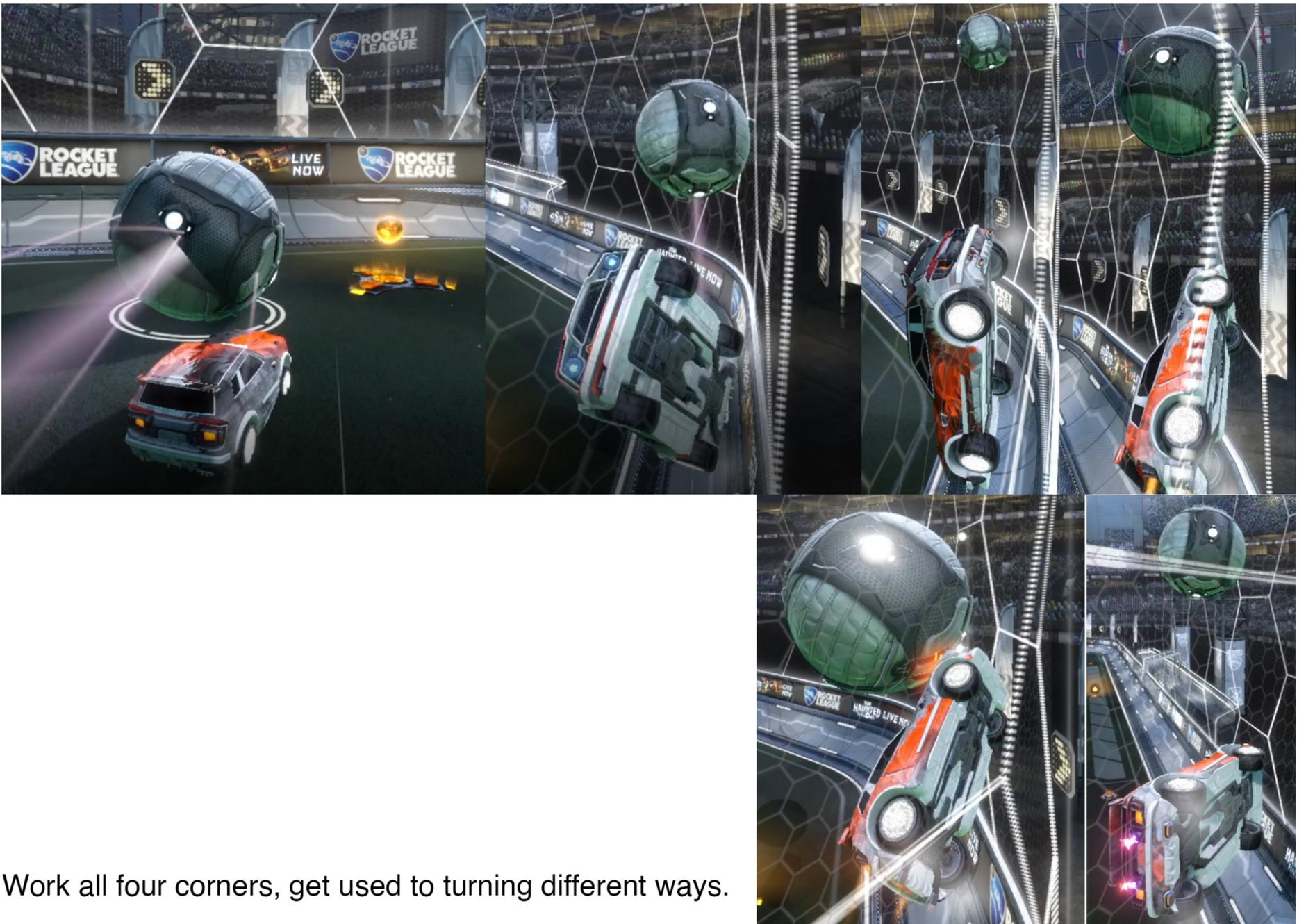
Drag Back Day

Straight over	1 Drill	6 mins
Backboard stop	1 Drill	6 mins
Undercuts	1 Drill	6 mins
Hit box follow	1 Drill	6 mins
		24 mins

3/ Undercuts | Freeplay

In some situations, we might take the ball back to our corner diagonally. This is no problem, but it opens different moves and outplays. The undercut is amazing to deal with ball chasers who are diving into the corner. And this move is a great move because its 'forceable'. By that I mean you can just keep dragging it to the corner and doing this if the opponent is chasey and dominate them.

So, with this drill push the ball at the corner with moderate speed and curve away. This should appear to the opponent that you have given up on the play, from there drift turn down, accelerate, then drift turn up into the ball and boost to hit underneath it.



Work all four corners, get used to turning different ways.

Time - 6 minutes

Drag Back Day

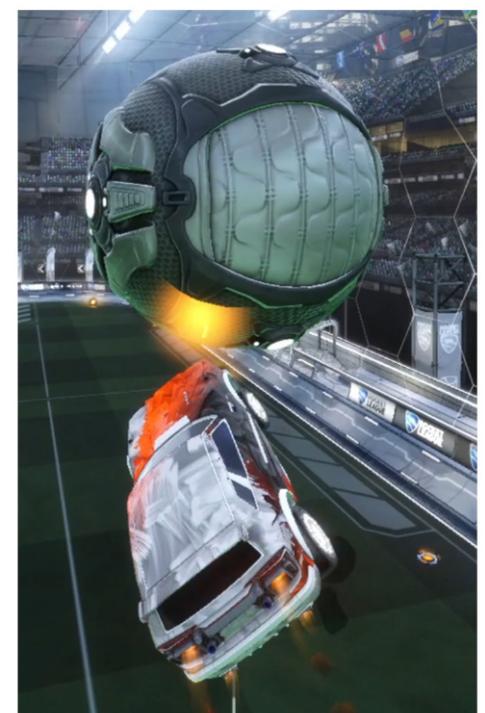
Straight over	1 Drill	6 mins
Backboard stop	1 Drill	6 mins
Undercuts	1 Drill	6 mins
Hit box follow	1 Drill	6 mins
		24 mins

4/ Hit box follow | Freeplay

We're all human, and make mistakes, or heavy touches. Most people freak out and give up. Always have a plan B ready to jump on. In this situation, we have tried to stop the ball and it has gone away from us (usually due to the ball being too quick or hitting it with our nose).

If this ever does happen you **MUST** jump off and get behind that ball, as technically you will have opened a gap goal side, which is dangerous.

So, for this drill, try and get the ball moving extremely fast and then hit the ball with the side of the car, this should cause it to pop away a bit. Jump off the wall, air roll to face the ball and try and stay behind the hitbox, or air dribble it to safety.



Work all four corners, get used to turning different ways.

Time - 6 minutes

DAY 3

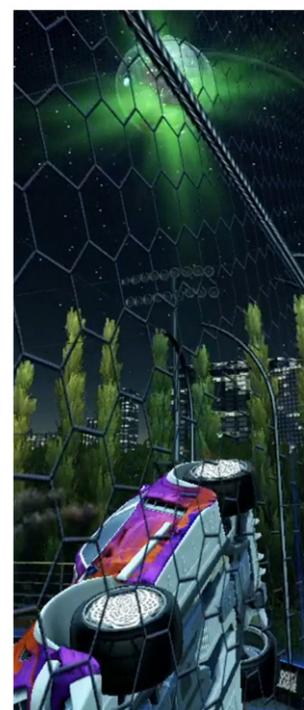
Aerial Block Day

Hover method	1 Training pack	6 mins
Backboard flight	1 Drill	6 mins
Wall flight	1 Drill	6 mins
		6 mins

1/ Hover method I Pack: 113F-22F0-1669-0D18

This is essentially high shadow saves/ blocks, as its impossible to get the training pack to mimic an air dribble / flip reset movement. However, this is one of the most important skills to push through the GC ranks. And since working on this skill and testing it out, I can confidently say learning this will allow you to obliterate the ranks from c1-c3.

So, the goal is to not just block the ball, but also to recover in a way that allow you to hit the ball again. Personally, on the shots where I am facing away from the ball, I like to air roll as I am rising up to face the ball, and then try and angle the ball to the corner, then air roll so I can land on the surface (usually backboard) to follow it up.



Time - 6 minutes

Aerial Block Day

Hover method	1 Training pack	6 mins
Backboard flight	1 Drill	6 mins
Wall flight	1 Drill	6 mins
		6 mins

2/ Backboard flight | Freeplay

A simple but effective drill. In car cam, start on the backboard single jump off, air roll to face out and fly slightly forward. Slowly lean back so the car is going back toward the backboard, then air roll and land on your wheels.



Time - 6 minutes

3/ Wall flight | Freeplay

Similar to the drill above, but this time I want you to be in ball cam and the ball to be in the middle. You want to start on the wall in your defensive third. Single jump, air roll toward the ball whilst hovering then slowly lean back and air roll back onto the wall, try this from various wall spots after being successful from your defensive area.

Time - 6 minutes

DAY 4

Back Post Day

Back post saves	1 Training pack	8 mins
Deep saves	1 Training pack	8 mins
		16 mins

1/ Back Post Saves I Pack: D501-9351-6430-FB30

In my opinion this is the best training pack I have made. The reason is REALISM! Most goalkeeper packs have to having to go backwards, half flip, speed flip etc. If you are in these positions to start with your game sense and positioning are pretty poor. This pack starts you where you should be.

The first 24 shots start you at the back post, every single shot is saveable, try and be efficient with these saves.

Time - 6 minutes

2/ Deep Saves I Pack: D501-9351-6430-FB30

The last 24 shots on this pack start you in the deep position but are actually similar shots. Notice how being that deep in the net and facing the play makes it extremely easy to not only make the saves, but also, how much vision you have!

Time - 6 minutes

DAY 5

Shadow Day

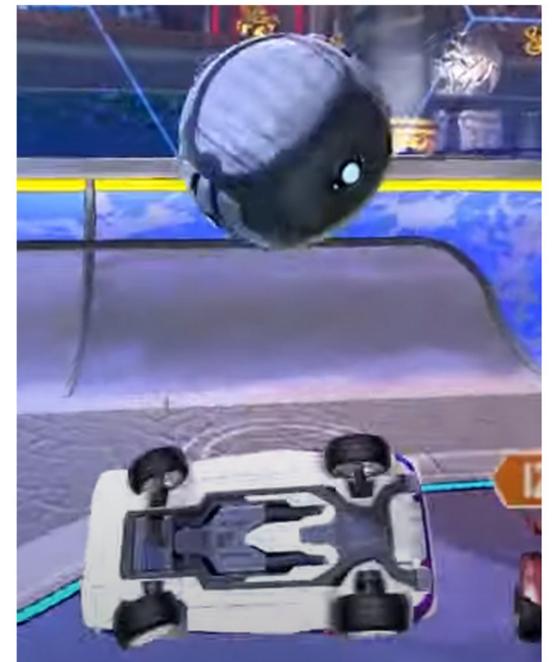
1v1 shadow	2/3 Drills	25 mins
		25 mins

1/ 1v1 Shadow (inside) | Casual 1v1

My favourite drill for improving shadowing. Head into a casual game, hit the ball to the opponents corner, stay close and shadow. The trick here isn't to back off and grab the big boosts, we want positioning. Therefore we need to always be available in the shadow and prevent the space. If possible grab some pads.

This aspect of the shadow we are going to stay on the inside position trying to keep the opponent pinned into the walls so they are unable to cut an angle and create true offence.

The trick here is to prevent any bouncing ball with either a single jump, or a side flip. Ideally we want a dead ball as there is no path over us if that is achieved.



Time - 6 minutes

Shadow Day

1v1 shadow	2/3 Drills	25 mins
		25 mins

2/ 1v1 Shadow (outside) | Casual 1v1

Same as the last drill but now we are forcing them across. This can be useful if you have spotted the opponent is especially good at catching the ball and going straight for air dribbles or flicks.

In this situation let's try and force them to make an angle, test their shooting, ball control or even aerial ability.

Although people (including myself) prefer an inside shadow. It's not worth looking at which is 'better' as opposed to seeing it as another defensive weapon.



Time - 6 minutes

Shadow Day

1v1 shadow	2/3 Drills	25 mins
		25 mins

3/ Get Past Drill (**Optional**) | Private 1v1

This drill requires a teammate.

You are going to start with a bit of space from your friend. From there your friend is going to try and get past you and into your net.

You obviously must prevent them, essentially you are shadowing a player, instead of a ball.

Time - 6 minutes

CLOSING

Thanks for checking out my second pdf training program. If you are looking to improve your ground offence, please check out my previous program 'Grounded'.

We have a discord with a variety of players from all over the world, and various ages, so come join us if you want to play Rocket League, or just hang out.

Please forward this pdf to other people who may find it useful.

If you haven't already, please check out my YouTube channel. We have a full belt system to help you stay motivated to develop skills. We also have a series showing how to get to Grand champion in 1s, 2s, 3s and rumble without mechanics. We even have a series from Raidmeister showing how to get Supersonic level in 1v1 with no mechanics. And currently myself and Raid and doing a no mechanics 2v2 series to SSL (currently GC3 div 3).

Youtube - AirCharged Gaming

Discord - In any video description on the YouTube

Coaching - [Patreon.com/aircharged](https://patreon.com/aircharged)