

# Soccer Drills for Defending 1v1



## Soccer Graphics

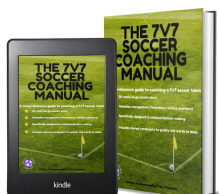


I created these graphics using the Tactics Manager from SoccerTutor. It is a fantastic resource to create, share and organize your soccer sessions and team tactics

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## The 7v7 Soccer Coaching Manual



This is every coach's guide to developing a 7v7 soccer team. It includes 20 structured session plans with diagrams, coaching points, and progressions. Game day tactics and management are also included

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## Basic 1v1 defending Drill

### Set up:

- 7 x 10-yard area
- 1 soccer ball per pair
- 3 goals
- 2 teams of 3 (1 defending team, 1 attacking team)

### Instructions:

Set up your area with 2 goals on one side and 1 goal on the opposite side. The attacking team will start behind the side with the 2 goals attacking the 1 goal where the defenders will be.

The defending team will start with the ball and begin the drill by passing the ball to the attacker and immediately pressuring them when the attacker has taken their first touch.

If the attacker scores in the goal they will get 3 points, similarly the defender will get 3 points if they steal the ball and score in either of the 2 goals. If the attacker is forced out of play or if the defender gets the ball out of bounds the defender will get 1 point.

At the end of the phase of play (when a goal is scored or if the ball goes out of play) the next phase of play will begin with the next defender passing the ball to the next attacker. make sure both teams get an equal opportunity to be the attacking and defending team.

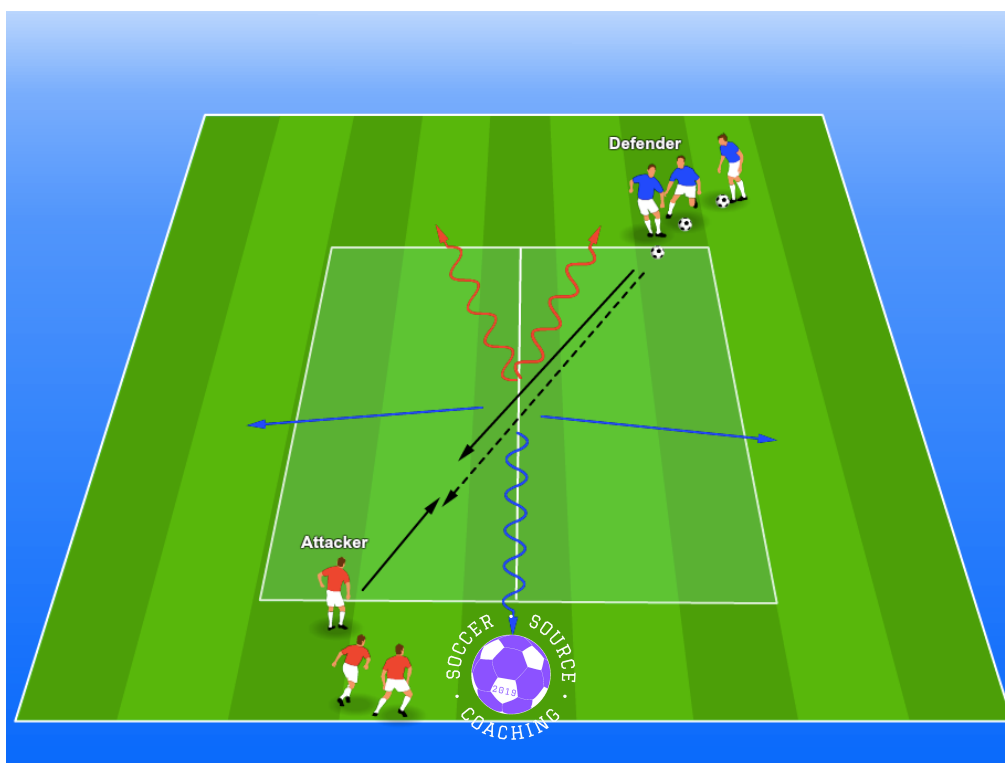
The team with the most points will be the winner.

### Coaching points:

- Pressure the attacker quickly to close down their space
- Side body position showing them away from goal/ onto their weak foot
- Be patient and wait for the attacker to make a mistake so you can win the ball

### Questions that can lead to coaching points:

- What can you do to give the attacker less space?
- What should my body position be like and where should I show the attacker?
- When should I step in to win the ball?



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## 1v1 defending drill with the pitch divided in half

### Set up:

10 x 15-yard area divided in half ( running inline with the 15-yard lines)

1 soccer ball per pair

2 teams of 3 (1 attacking and 1 defending team)

### Instructions:

The defenders will start with the ball and pass the ball to the attacker and they can immediately pressure the ball.

The attacker must dribble the ball past the line in the half that the defenders started on.

If they dribble past the line in the half furthest away from them they will get 3 points, if they dribble past the other half they will get 1 point.

If the defender wins the ball and dribbles past any part of the line the attacker started they will get 3 points and if they are able to force the attacker out of bounds they will get 1 point.

Swap the teams around so they get an equal chance to attack and defend with the team collecting the most points becoming the winner.

### Coaching points:

Side on body position forcing the defender to stay in the channel where they will get fewer points

Don't dive in, be patient and wait for an opportunity to win the ball or force the defender back

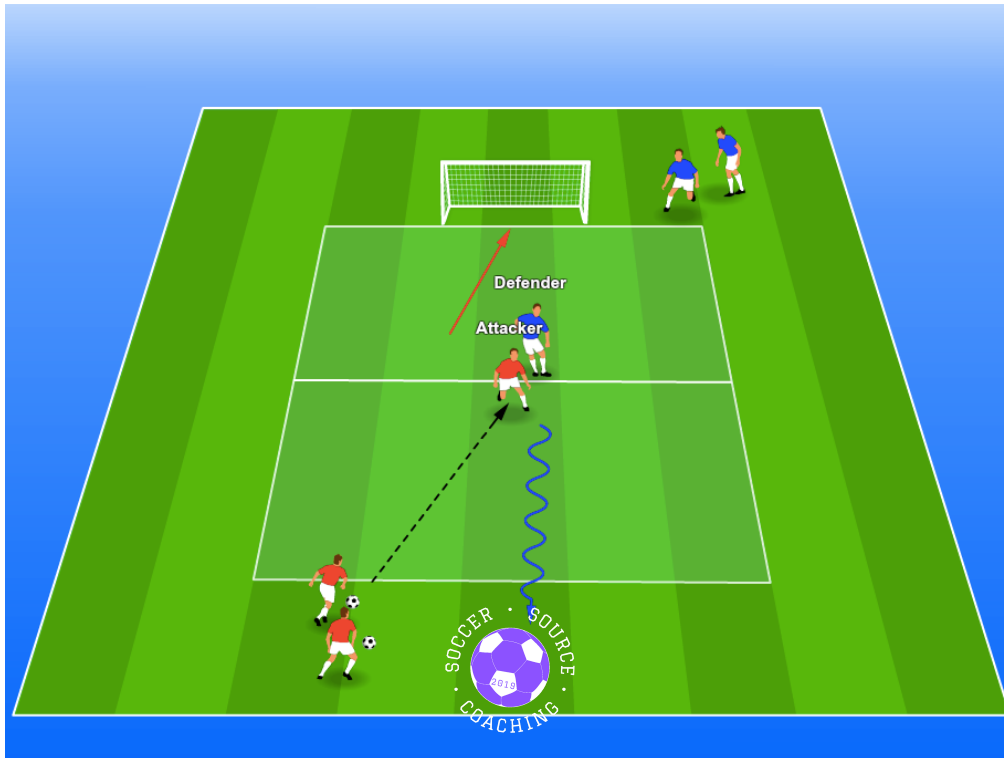
Close down the defenders' space quickly

Questions that can lead to coaching points:

What body position do you want to help control where the attacker goes?

When should you step to win the ball or force the player back?

How can you restrict the amount of space an attacker has?



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## 1v1 defending against the attacker with their back to goal

Set up:

- 5 x 10-yard area with a halfway line
- 1 goal
- 2 soccer balls per group
- 6 players per group ( 3 attackers, 3 defenders)

Instructions:

Set up your area with a goal at one end and divide your group of players into 2 teams, a defending team and an attacking team.

The defending team will start from behind the goal and the attacking team starts with the ball on the opposite side.

The attacking team will have a player start on the halfway line and the phase of play will begin when the ball is played to the attacker. As soon as the pass is played to the attacker on the halfway line the defender can immediately pressure.

If the attacker scores in the goal they will get 3 points, however, if the defender wins the ball and dribbles past the line the attacker started on they will get 3 points and if they force the defender or ball out of bounds then they will get 1 point.

Swap the teams around so they have equal chances to defend and attack. The team with the most points is the winner.

Coaching points:

- Pressure the attacker quickly
- Keep the attacker arm's length away in a side-on position staying goal side (in between the player and your goal)
- Force the attacker back and try not to let them turn

Questions that can lead to coaching points:

- What should you be doing as soon as the pass is played?
- What position should you be in when defending the attacker? Why?
- Where should you show the attacker?



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## 1v1 defending against the long ball

### Set up:

- 10 x 15-yard area
- 1 soccer ball per group
- 3 players per group (1 defender, 1 attacker, 1 feeder)

### Instructions:

Set up your area and designate one player as the defender, attacker, and feeder.

The attacker and defender will be in the middle of the area with the feeder standing on the baseline of the area. The feeder will take a throw-in, throwing the ball towards the attacker and defender for them to compete for the ball.

The goal for both players is to win the ball and pass it back to the feeder player.

If the attacker manages to pass the ball back they will get one point, if the defender wins the ball and passes the ball back they will get 3 points.

If the ball goes out of bounds then the defender will get the point.

Swap the players' round they have an equal turn in each role and the player with the most points will be the winner.

### Coaching points:

- Mark the defender in a goal side, side on position.
- Keep your eye on the ball and anticipate the flight of the ball to try and time the interception
- Put pressure on the defender, you may not win the ball but you may force him to take a poor touch.

### Questions that can lead to coaching points:

- How should you mark the defender?
- What should you try to anticipate to win the ball?
- Why should you put pressure on the defender even if you think you cannot win the ball?



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## 1v1 defending ladder Drill

### Set up:

5 x 7-yard area  
 1 area per pair  
 1 soccer ball per pair  
 one goal per area

### Instructions:

Divide your players into pairs and set up an area for each pair that you have and place one goal on the 5-yard line in each area.

The defenders will start next to the goal and pass the ball to the attacker as soon as the defender has taken a touch the defender can pressure.

The attacker has to try and score a goal if they do they get 3 points, however, if the defender steals the ball and dribbles past the line the attacker started on then they get 3 points.

If the defender forces the attacker or the ball outside of the area they will get one point.

The players will alternate being the defender and attacker each round and the winner will be the player that has the most points.

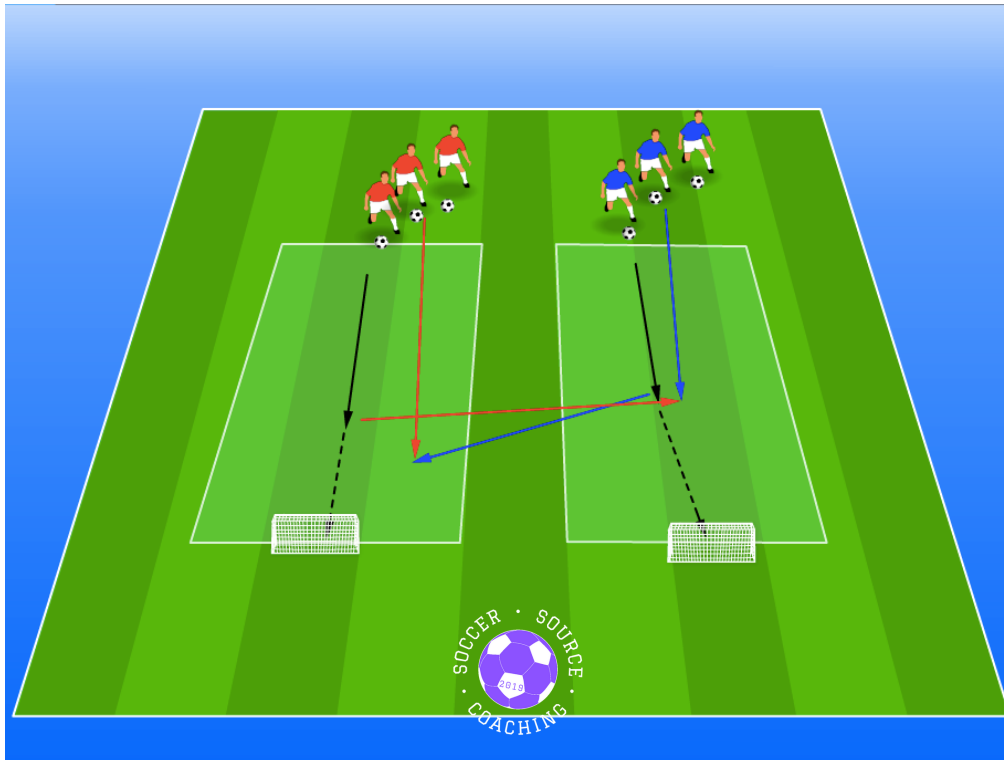
With the winners moving up to the next area and the losing player moving down an area.

### Coaching points:

Pressure the player quickly in a side-on stance limiting their space  
 Show the attacker onto their weaker foot  
 Wait for the attacker to make a mistake so you can then step in and win the ball

### Questions that can lead to coaching points:

What should you do to limit the amount of space the attacker has?  
 Which side should you show the defender?  
 When should you step in to win the ball?



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## 1v1 attack to defense transition

### Set up:

2, 5 x 10-yard areas  
1 soccer ball per player  
2 teams of 4  
2 goals

### Instructions:

Set up your areas parallel to each other with goals on one side and both teams starting the opposite side. Each player will have a soccer ball, it will begin with the player on one team dribbling to score in the goal directly opposite them as soon as they score they will become a defender to stop the player from the opposite team from scoring a goal.

The phase will end when a goal is scored or when the ball goes out of bounds.

After a player has defended they will collect a ball and head back to their team to go again.

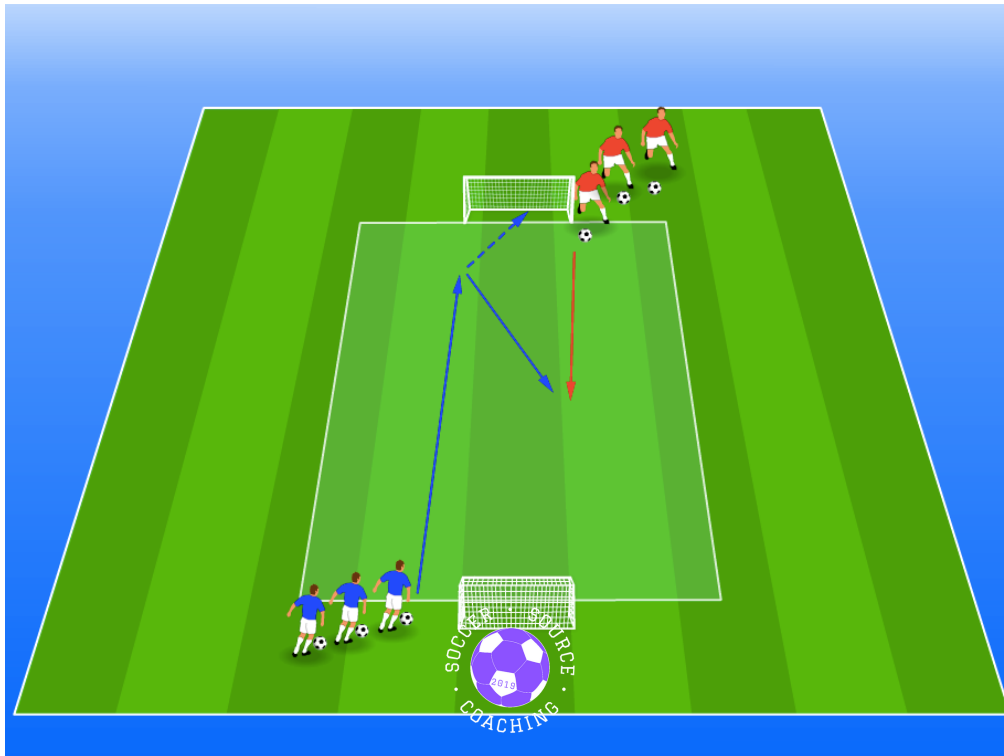
This will continue until the time limit has been reached with the team scoring the most goals winning.

### Coaching points:

React quickly after you have transitioned from an attacker to a defender  
Close the space down on the attacker  
Be patient when trying to block the shot or steal the ball

### Questions that can lead to coaching points:

What should we think/do as soon as we score a goal or the ball goes out of bounds?  
How can we make it harder for the attacker to score a goal?  
What happens if we rush to win the ball? what must we do instead?



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## 1v1 recovery run transition soccer defending drill

### Set up:

10 x 15-yard area  
1 soccer ball per player  
2 goals  
2 teams of 4

### Instructions:

This is a similar drill to the previous transition drill however instead of focusing on getting across and closing the space of the attacker the focus is to track back and make a recovery run to stop the attacker from scoring.

Set the goals up opposite each other with each team behind the goals, the teams are trying to score in the goals opposite them. Once a player has attacked a goal and scored a goal or the ball has gone out of bounds they will become the defender for the attacker on the other team.

After a player has defended they will collect a ball and head back to their team to go again.

This will continue until the time limit has been reached with the team scoring the most goals winning.

### Coaching points:

React quickly to the change from the attacker to the defender

Recover and apply pressure on the attacker

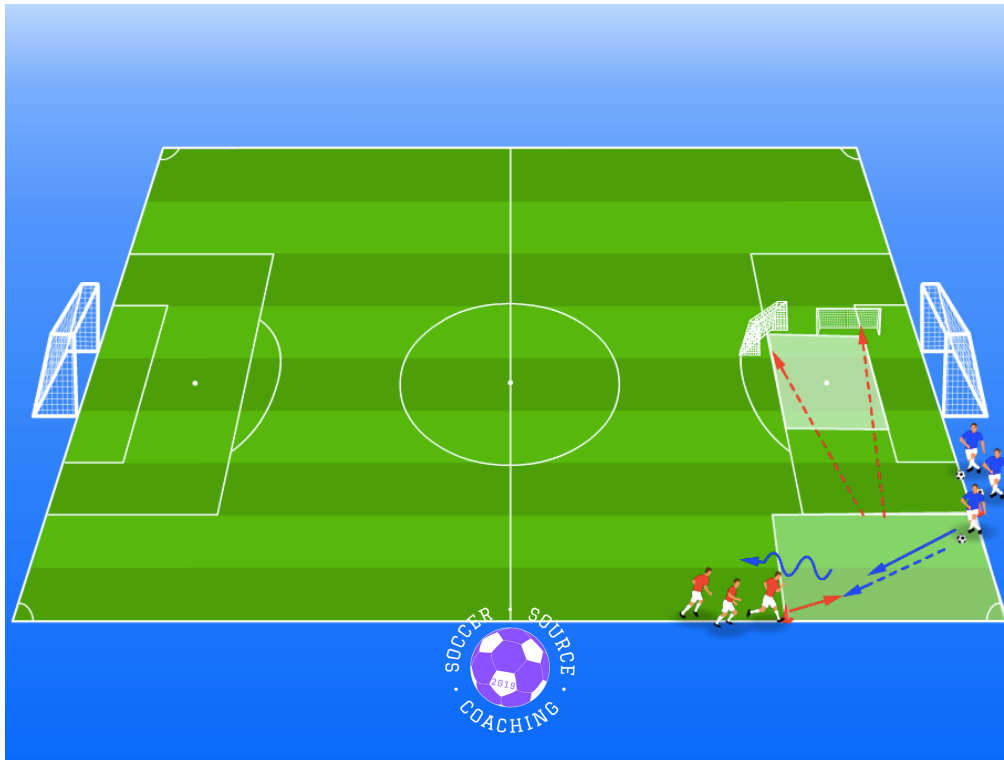
Make sure you are always on the inside of the attacker when tracking back to ensure you show them to the outside, away from the goal

### Questions that can lead to coaching points:

As soon as you have taken your shot, what should you be thinking/ doing?

What position should I be in when tracking back and why?





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## 1v1 defending in a wide areas soccer drill

### Set up:

7 x 15 yard Channel  
 2 teams of 3  
 3 soccer balls  
 5 x 5-yard square  
 1 large goal  
 2 pug goals  
 Instructions:

The drill will start with the defenders, who will start on the inside corner passing to the attacker who will diagonally opposite the defender on the outside corner facing the goal.

The aim for the attacker is to cross the ball and score in the pug goals if they do this they will get 3 points if they cross the ball and it goes through the square they'll get one point.

The aim for the defender is to block the cross or steal the ball, if the defender is able to block the cross or the defender is forced out of bounds then the defender will get 1 point. If the defender is able to steal the ball and dribble past the line the attacker started on they will get 3 points.

swap the defending and attacking teams round so they both have equal turns defending and attacking.

### Coaching points:

Keep your side in body position showing the attacker towards the outside  
 Be patient against the attacker and wait for them to make a mistake  
 If you are able to get the attacker to face their own goal keep them facing that way and force them towards their own goal

### Questions that can lead to coaching points:

What position should you be in?  
 Where should you be showing the attacker?  
 When should you try and win the ball?  
 If the attacker turns and faces their own goal where should you force them?