

# Soccer Drills for Defending long balls



## Soccer Graphics

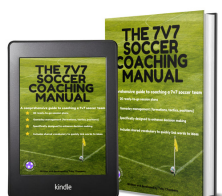


I created these graphics using the Tactics Manager from SoccerTutor. It is a fantastic resource to create, share and organize your soccer sessions and team tactics

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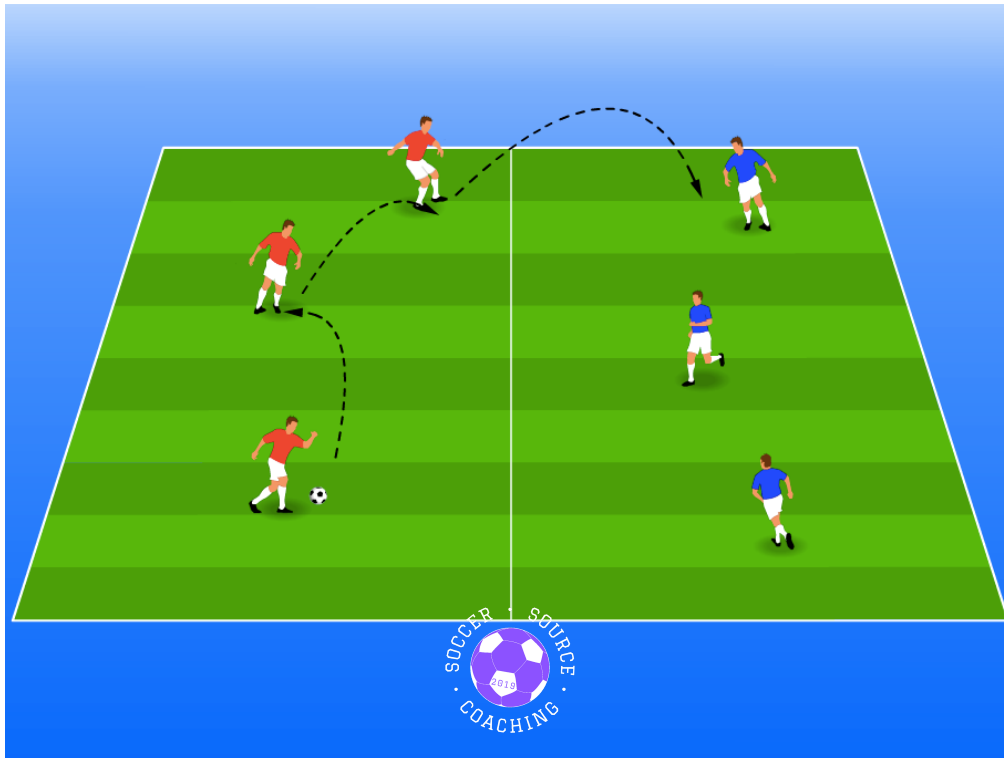
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## The 7v7 Soccer Coaching Manual



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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FREE 7V7 SAMPLE](#)**



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## Soccer tennis for defending long balls

### Purpose:

The purpose of playing soccer tennis is to help players judge the flight of the ball in relation to their will and their positioning as well as get used to controlling and challenging the ball in the air.

### Set up:

create a 5x10 yard area

1 soccer ball

3 players per side

Instructions:

Set up your area and divide it in half vertically and split your players into teams of 3 on either side of the area.

If you have a soccer tennis net that would be ideal however a line of cones would be able to work too.

The rules can vary depending on the skill level of the players'

rule changes such as allowing the ball to bounce once, you can change the number of touches a player can have on the ball, and how many passes they can make to their teammates.

For this example I am going to allow the ball to bounce once it has been hit over, players can have 3 touches to either hit the ball back over or pass to a teammate, and teams can have a maximum of 2 passes before the ball has to be hit back over.

If any of these rules are broken the team that did not break them will get a point.

Teams will also get a point if the opposing team hits the ball out of the area.

### Coaching points:

Communicate with each other

Light on your feet

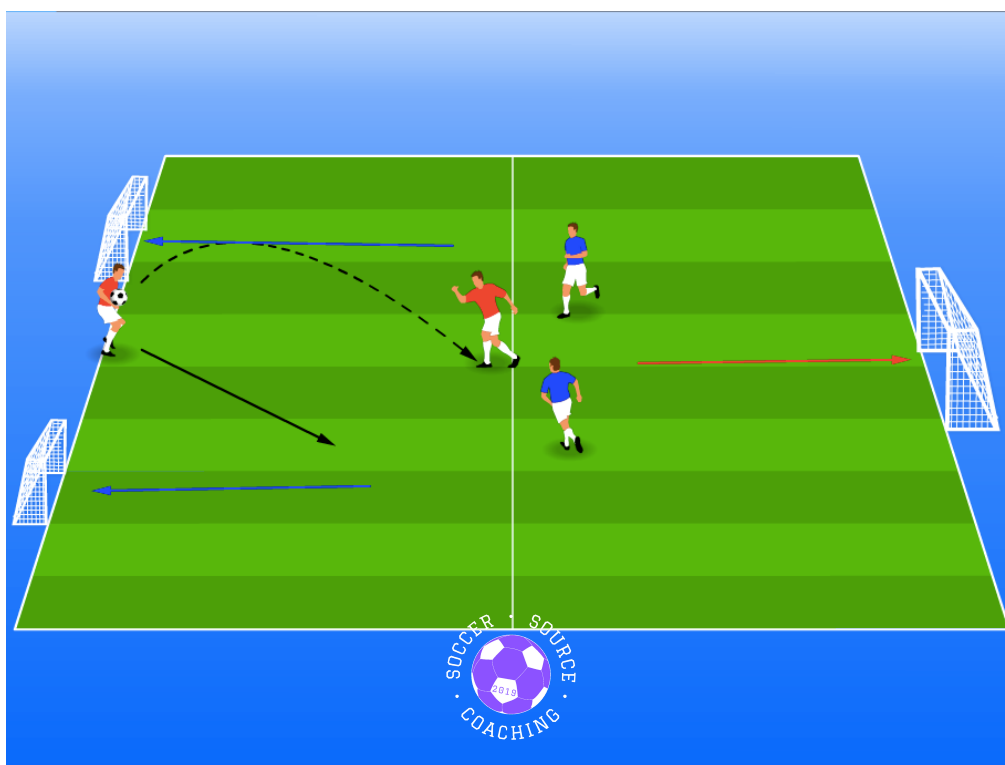
Keep your eyes on the ball

### Questions that can lead to coaching points:

How can you stay organized?

What can you do to adjust to where the ball is going quicker?

What do I need to make sure I do so that I know where the ball is going and can help improve my first touch?



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**soccer drill for defending long throws**

**Purpose:**

Defending against long balls uses very similar skills to that of defending against long throws, this setup enables a lot of repetition in match realistic scenarios.

**Set up:**

Create a 10x15 yard area  
 3 goals  
 2 defenders, 2 attackers  
 1 soccer ball

**Instructions:**

Create your area and set a goal in the middle of the 10-yard line and on the opposite 10-yard line place the 2 other goals in the corners.

2 defenders and an attacker will start in the middle of the area.

The ball will start with the attackers' teammate by a throw-in.

As soon as the ball is thrown in it will become a 2v2

The attacking team will be trying to score a single goal, if they manage to do this they will 2 points.

If the defender manages to successfully defend and the ball goes out of play they will 1 point.

If they manage to win the ball back and score a goal they will get 3 points.

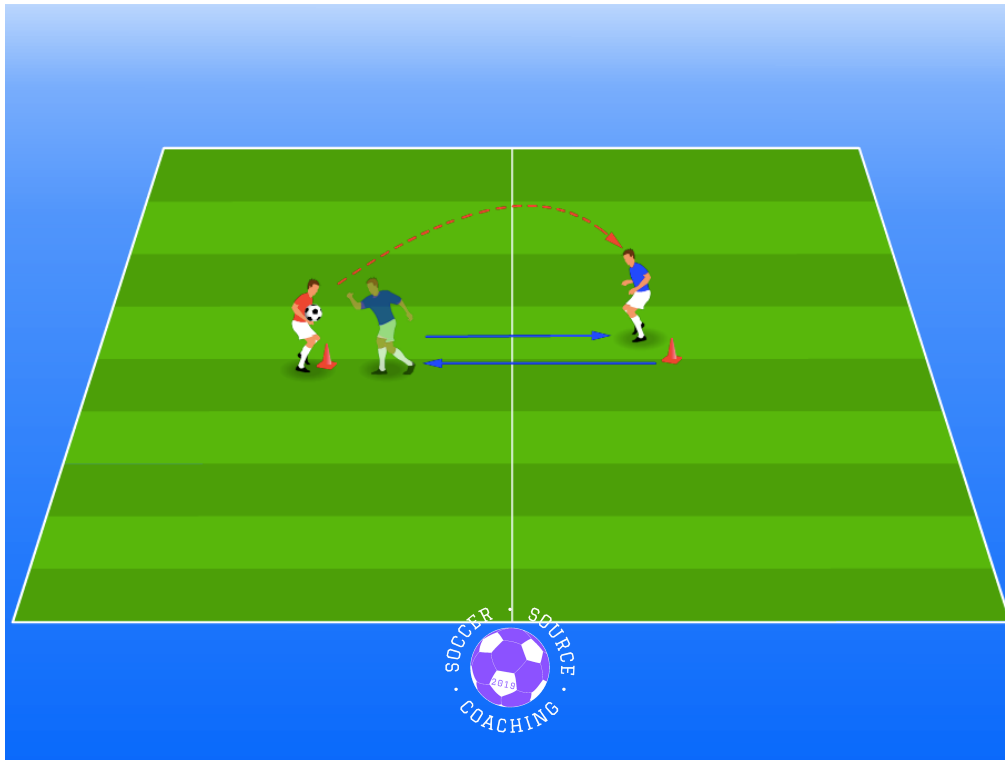
The ball will always start with the attacker taking a throw-in.

**Coaching points:**

1 defender marks the attacker standing behind the attacker in a side-on position  
 The other defender covers the space behind  
 Put pressure on the attacker when he receives the ball

**Questions that can lead to coaching points:**

How should you be marking the attacker from the throw-in?  
 If you are not marking the defender where should you be?  
 How can we make it difficult for the attacker receiving the ball



[Click here for the video](#)

## Soccer heading drill for long balls

### Purpose:

This to help players get more comfortable heading the soccer ball, it will also help them react better when the soccer ball is going over their head

### Set up:

1 soccer ball per pair  
2 cones 4 yards apart

### Instructions:

Set up the 2 cones 4 yards apart with a player on each cone.

One player will start with the soccer in their hands, the other player will run toward that player and tap the soccer ball.

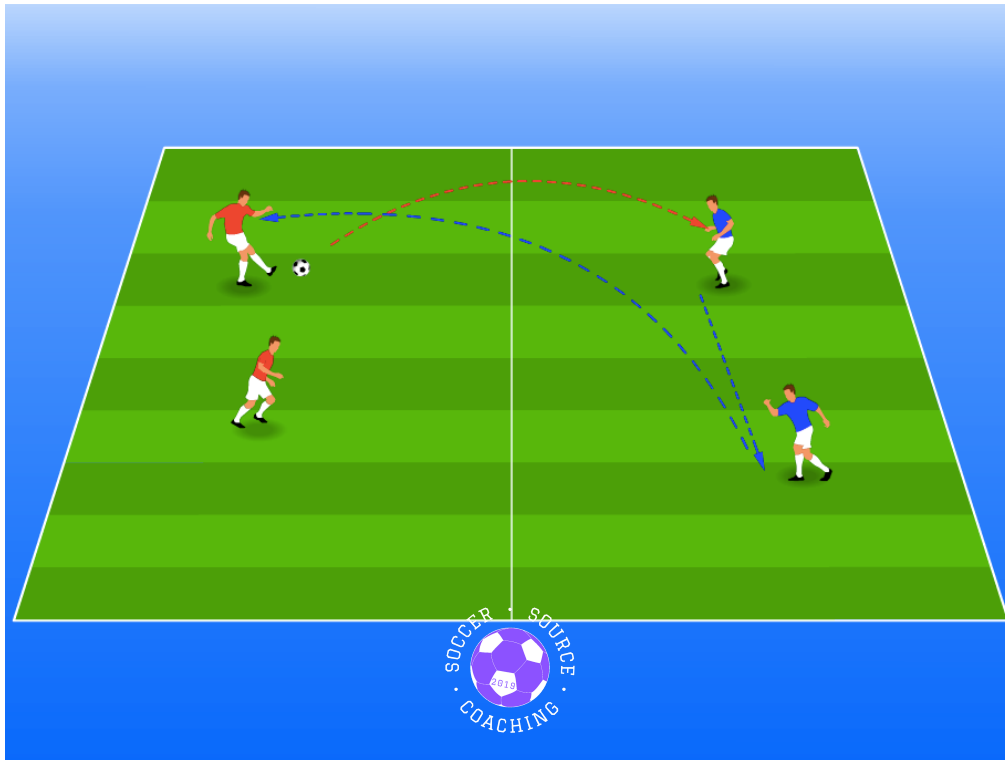
The player with the ball will then throw a high looping ball in the air that is behind the player and they must track back and header the soccer ball back towards the player who starts with the ball.

### Coaching points:

Face the direction your partner is standing in to see the ball through the whole flight  
Jockey backward  
Connect with the ball while jumping in the air

### Questions that can lead to coaching points:

How can I see the ball through the whole flight?  
How can I adjust my feet to move quickly?  
What can I try to do to help me reach the ball?



[Click here for the video](#)

## Soccer drill for controlling long balls

### Purpose:

This is to help improve players' ball control and communication when defending

### Set up:

create a 20x25 yard area  
1 soccer ball per 4 players.

### Instructions:

Set up your area and divide it in half vertically.

Split your 4 players into pairs with a pair in each half.

One team will start with the ball and they will play a long ball to the other team.

The other team must communicate and decide who will win the ball, that player will then have 2 touches to control the ball and set the ball to their teammate

With one touch the teammate will play a long ball back to the other team.

Every time a team successfully does this they will get 1 point. The team with the most points will win.

### Coaching points:

Communicate with your teammate

Light on your feet

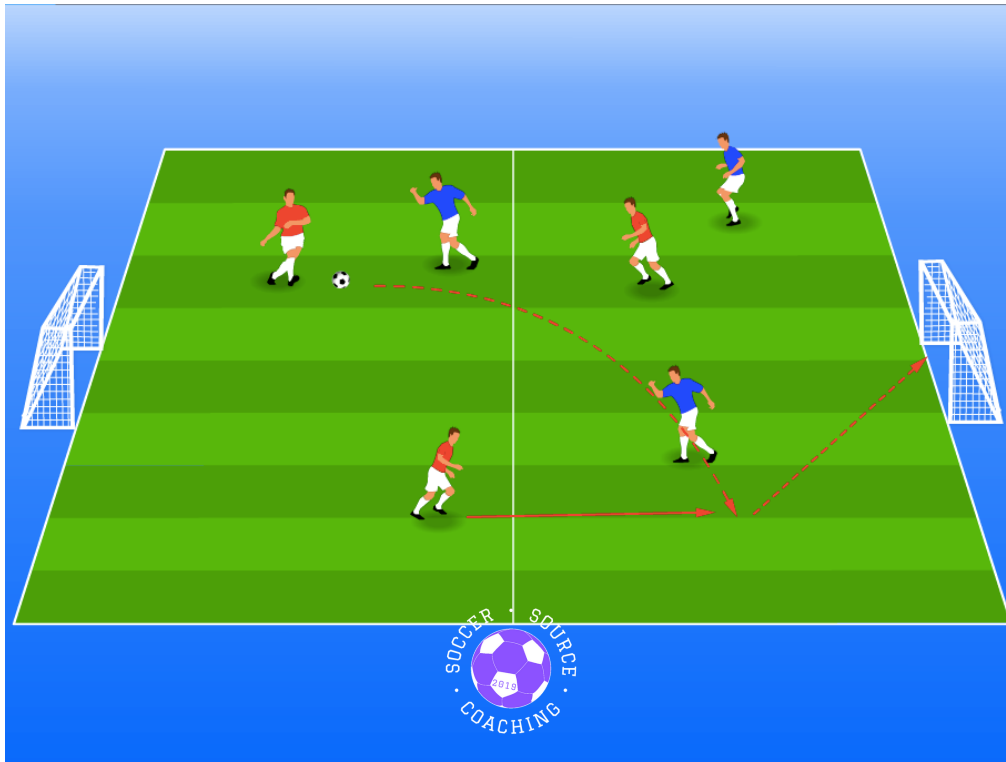
Create an angle for your teammate who is controlling the ball.

### Questions that can lead to coaching points:

What can you do to help each other out?

How can I adjust quickly?

If you are not controlling the ball where should you go to help your teammate?



[Click here for the video](#)

## Conditioned soccer for defending long balls

### Purpose:

The purpose of this drill is to make as game realistic as possible where they will be competing with opposing strikers.

### Set up:

Set up a 25x40 yard area  
2 goals  
2 teams  
Cones

### Instructions:

Set up your area with 2 goals and a halfway line and divide your players into 2 teams.

This will be a normal game of soccer however if a team can score a goal by a long ball over the top of the opposing defense they will get 3 goals.

A long ball will be classed as a ball that is played in the air from one half of the field to the other half.

This will create a situation that puts your defense in a position where they are susceptible to a long ball.

### Coaching points:

1 player should challenge the ball the other should cover  
The defensive line should be staggered  
The defensive line needs to transition quickly when the attack breaks down (stagger themselves and sit deeper to anticipate a long ball)

### Questions that can lead to coaching points:

Should 2 players be going for the same ball?  
How should the defensive line be set up?  
How should we react when an attack breaks down?