

# 1v1 defending ladder drill

## How it works

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

- 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?

## Purpose

The purpose of this drill is to help players get a lot of repetition defending 1v1

## Set up

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

**Intermediate**

