

1v1 defending against the long ball



How it works

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

- 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?

Purpose

The purpose of this drill is to improve a defenders ability to defend from a long ball 1v1

Set up

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

Intermediate