

Defending 1v1 to work individuals' body shape



How it works

The defender will start in the corner with the ball and pass the ball to the attacker who is standing diagonally opposite the defender.

The attacker will then try to dribble past the line that the defender has started on.

If the attacker can dribble past the line in the half that the defender started on they will get 3 points.

If they can dribble past the line in the half they started on the defender, the attacker will get 1 point each.

The defender will get 1 point if they can prevent the attacker from dribbling past the line, with the attacker getting 0.

If the defender can prevent the attacker from dribbling past the line they will get 1 point and the attacker will get 0.

If the defender can steal the ball and dribble past the line (on either half) that the attacker started on they will get 3 points.

Coaching points

- Pressure the attacker quickly but stand them up when you are about 2 yards away
- Stand them up at an angle, if you want to show them right then stand moreover to the left and vice versa
- Do not commit too much, force the attacker into a mistake.

Questions

- How should you approach the attacker?
- What can you do to control where the attacker goes?
- When should you step in to try and win the ball?

Purpose

The purpose of this drill is to help improve players' body position for closing down angles and showing opposition players certain areas of the pitch.

Set up

- 15 x 20-yard area
- 2 tall cones
- 1 soccer ball per pair
- 2 Players (1 defender, 1 attacker)

Intermediate