



Reading/Anticipating the long ball

Category: Functional: Defender

Difficulty: Moderate

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3 vs 1 - 5 vs 6 (20 mins)

Organization:

- 1 full size goal
- 2, 7 vs 7 size goals

Instructions:

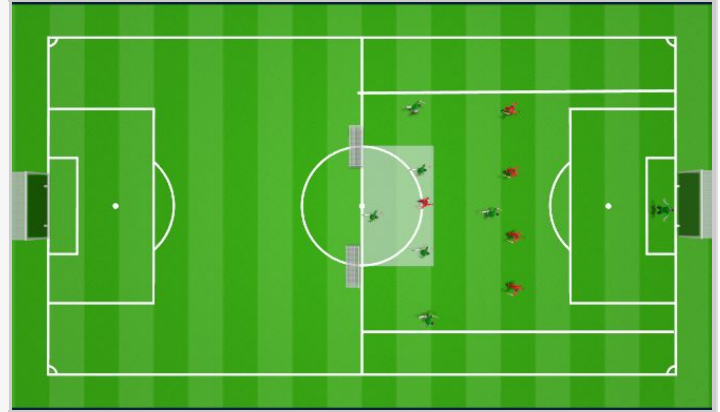
- Play 3v1 in middle grid.
- After 5 passes they can play it to either side.
- The wide player receives and plays the long ball.
- Defenders clear the long ball and now defend 5 vs 6. If the defenders win the ball they score on the 7v7 goals.

Coaching Points:

- Technique of dropping (facing the ball, sideways run).
- Reading trajectory from the ball (timing of the stop and jump for header).
- Technique to header: bend the knees, swing arms back and fwd when jumping, neck back and chest forward.
- Communication: When to drop and when cleared to step (move as a line!)

Progressions:

- 2x10min.



3 vs 5 - 9 vs 10 (30 mins)

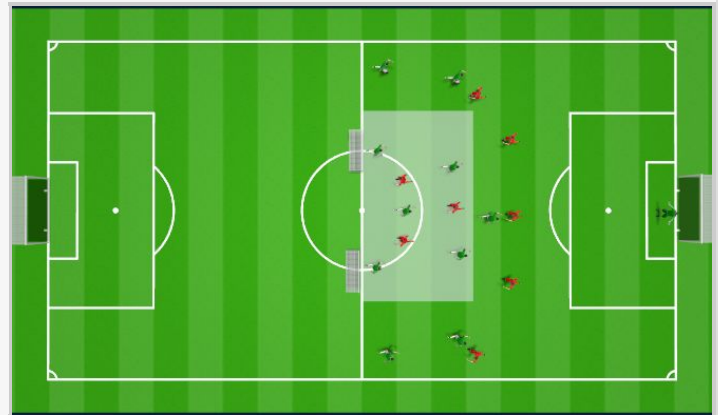
Organization:

Instructions:

- Play 3 vs 5 in the middle.
- After 5 passes the attacking team can progress by finding either fullback.
- The fullback can decide to play the long ball when uncovered or play short when covered.
- Each time the possessing team has space they should try to play a long ball quickly.
- If defending team wins the ball they try to score in the 7 vs 7 goals.

Coaching Points:

- Defenders moment to drop (ball covered vs uncovered).
- Technique of dropping (facing the ball, sideways run).
- Reading the trajectory from the ball (timing of the stop and jump for header).
- Technique to header: bend the knees, swing arms back and forward when jumping, neck back and chest forward.
- Communication: When to drop and when cleared to step (move as a line!)
- Team: Defend zonal when lower by the goal - When ball is played back step line up + communication!



Half field scrimmage (30 mins)

