



Player to Player Marking

Category: Tactical: Defensive principles

Difficulty: Difficult

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Description

great exercise for defending principles - fitness - counter attacking in a high tempo environment

Screen 1 (15 mins)

Organization - two even teams - if there are not even numbers use a neutral player that will play for both teams - two keepers if possible - if not use end players - a good supply of pumped up footballs

Field Set up - field size - the width of the 18yd box to the halfway line depending on numbers adjust accordingly

Detail - pair the red players up against the blue players - the only player that can challenge the player in possession of the ball is the pre assigned player of the opposition - the only other way you can win the ball back is if the player in possession loses control of the ball - both teams are trying to score when they have the ball - no offside in this exercise

Progressions - limit the touches in possession - all the attacking team must be over the halfway line before your team can score(except the keeper)

Competencies - being goal side and aware of your opponent at all times with a good defensive starting position - when your team wins the ball can you lose your marker and break forward - fitness levels must be good

