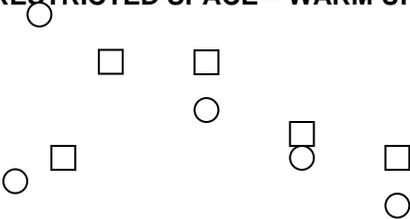
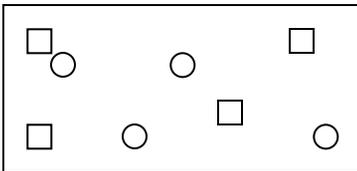
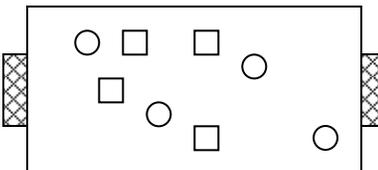




Name: Matt Callahan

Topic: Defending – Marking

Date:

<p>UNRESTRICTED SPACE – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> ▪ Everyone finds a partner ▪ One person in the pair is designated as the leader, the other shadows that person ▪ Switch roles after 60 seconds ▪ Stretch ▪ Repeat with a ball at a faster speed 	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> ▪ Defenders should keep their eye on the ball ▪ Defenders want to be close to the attacker, close enough so that in a game the attacker would look down at the ball
<p>RESTRICTED SPACE</p> 	<ul style="list-style-type: none"> ▪ Play 4v4 in a 40-x-30 yard area ▪ Teams try to complete 5 consecutive passes ▪ Players must mark up on someone on the other side and cover only them the whole game 	<ul style="list-style-type: none"> ▪ Defenders should stay ball-side and goal-side of their mark ▪ Defenders should position themselves so that they can always see their mark and the ball at the same time ▪ When applying pressure, the defender should focus solely on the ball
<p>ONE GOAL WITH COUNTER</p> 	<ul style="list-style-type: none"> ▪ Play 4v4 in a 40-x-30 yard area ▪ Teams attack and defend a goal ▪ Just as above, the players must mark up with someone on the other team and only cover that person ▪ Should a defender be beaten, no one on his/her team can help them out, they must recover 	<ul style="list-style-type: none"> ▪ Defenders should stay ball-side and goal-side of their mark ▪ Defenders should position themselves so that they can always see their mark and the ball at the same time ▪ When applying pressure, the defender should focus solely on the ball
<p>GAME – TWO GOALS</p> 	<ul style="list-style-type: none"> ▪ 4v4 +GK game ▪ No restrictions on players 	<ul style="list-style-type: none"> ▪ Observe to see if the team has good marking ability