

Defending Game #1 - Man Marking

Two teams play 7v7 on a 40x70-yard field. Five pairs of players mark on a man-for-man basis with one sweeper on each team. Play with a three-touch limit in own half only.



Coaching Points

- Who to mark?
- How to mark?
- Tight or loose marking
- Defending in 1v1 situations
- Responsibilities "OFF" the ball
- Defending against combination play
- Defending when the ball is played beyond you toward your own goal
- Defending when beaten in a 1v1