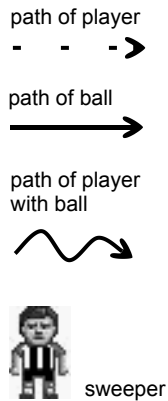


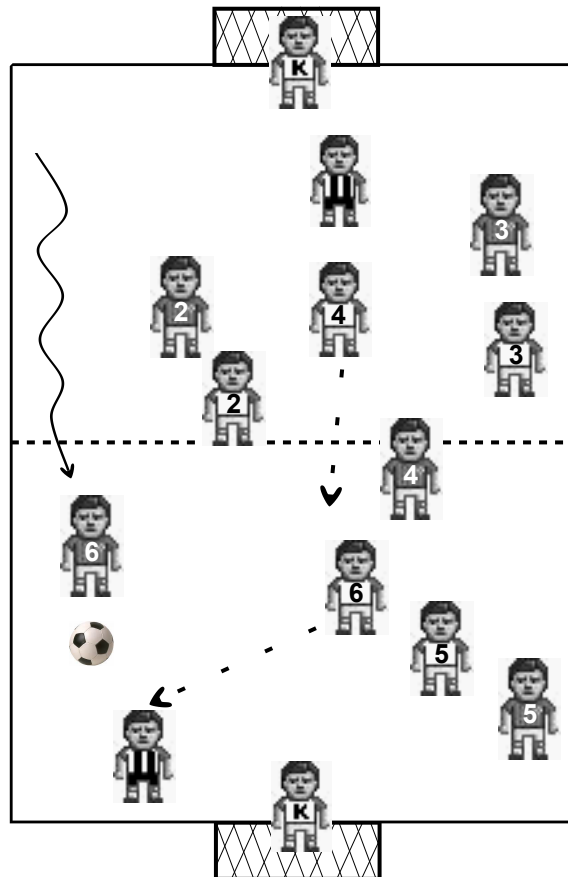
No. 63 “Man Marking”

- Conditioned SSG
- Defending
- Running with the Ball

U8 ✗
 U10 ?
 U12 ✓
 U14 ✓
 U16 ✓



Grid Size
 40x60yds



At all times players should have a “*what if..*” mentality in attack. In other words even when they are running into the opponents final third they should be aware of what they need to do if the ball is lost. This practice forces players to constantly be aware of the movement of their opponents and accept responsibility. It also encourages clever movement off the ball to find space, and rewards teams who counter-attack with pace.

Organisation

- Select two evenly matched teams
 Use discs to mark half-way line
 Every player should be assigned an opposite number on the other team
 Each team has a sweeper who is restricted to 2 touch and must stay in their own half
 Normal football rules apply with the following additions;
- a A player can only tackle his opposite number
 - b The sweepers can tackle any opponent and cannot be tackled
- Make it competitive - play for an agreed time and keep the score

Coaching Points

- ♦ Concentration and alertness
- ♦ Reacting promptly to changes of possession
- ♦ Speed of counterattacks
- ♦ Movement on and off the ball to lose marker
- ♦ Vision to track movement of opponent
- ♦ “*What if..*” mentality in attack
- ♦ Look at positioning and communication of sweeper
- ♦ Willingness to take responsibility for opponent

Development

- i Allow sweepers to be tackled by any opposition player
- ii Remove sweeper role so there is no safety net for players who lose opponents