

PRACTICE #39 MARKING / DEFENDING / SHOOTING

- WORLD OF SOCCER
 - Home / News
 - Products
 - Club Services
 - FAQ's
 - Search
 - Site Map
 - About Us
 - Contact Us
- RESOURCES
 - Newsletters
 - WOS News/Articles
 - Byte Size Coaching
 - World Cup
 - Free Practices
 - Ask the Coach
 - The Boot Room
 - Down-the-Line
 - Web News Feeds
 - Web Links
- HELP CENTER
 - Lost Password
 - Privacy
 - Return Policy
 - Shipping Methods
 - Shipping Rates
 - Payment Options
 - Transit Times

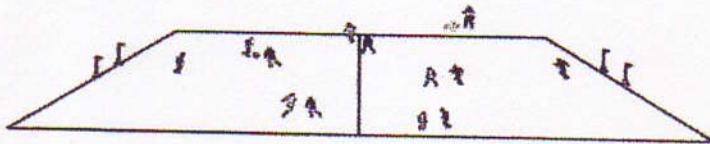
Coaching 9, 10 & 11 Year Olds

Home / News * Free Practices * The Man Marking Game

The Man Marking Game

Objectives

To establish both the individual and team discipline required for successful defending; to establish good 1 vs. 1 defending habits; to practice reading the game (Sweeper Role); to encourage attackers to "elude" tight marking. Even if your team uses Zonal Marking, man-marking will be needed in certain situations.



Organization

Field size according to numbers and ages (approximately 65 x 45 yards) with halfway line. Goals/poles are set up (4 yards wide). Squad is split up evenly (e.g., 6 vs. 6). Every player is assigned "Partner Opponent" from opposing team. One "pair" split to become the sweepers — "sweepers" are changed every three minutes. Each player can only mark and challenge his assigned opponent. The sweeper can challenge anyone. No one can challenge the sweeper. "Sweepers" are restricted to their own half of the field, and are limited to "two touches" maximum on each ball contact. Interceptions (not challenges/tackles) are permitted by anyone. No one is allowed to handle the ball. Don't go for much more than 12-15 minutes with this activity.

Coaching Points

Show players how to challenge their opponent without "diving in" and being left trailing. Make each player aware of "opponent" at all times. When the attack breaks down have former "attacker" react immediately by attempting to recover to defending position "goal-side" of opponent. Carefully select the "match-ups" — two "lazy" players may come to an "agreement." Encourage players to get forward to score. Encourage player caught "wrong side" to get back if a teammate loses the ball — but don't criticize them if they are caught out when trying to make a positive forward run. Position "sweeper" to block an attack or to be available for a back pass from own team.

Challenge

To outsmart your individual marking opponent both in attack and defence; as a team, to outscore the opposition.

[Back]

< Prev Next >



PRACTICE #39 - DEFENDING/MARKING/SHOOTING

PROGRESSION: Add 1 DEFENDER

Home Contact Us Shop

search...

NEWSFLASH



WORLD OF SOCCER

- Home / News
- Products
- Club Services
- FAQ's
- Search
- Site Map
- About Us
- Contact Us

RESOURCES

- Newsletters
- WOS News/Articles
- Byte Size Coaching
- World Cup
- Free Practices
- Ask the Coach
- The Boot Room
- Down-the-Line
- Web News Feeds
- Web Links

HELP CENTER

- Lost Password
- Privacy
- Return Policy
- Shipping Methods
- Shipping Rates
- Payment Options
- Transit Times

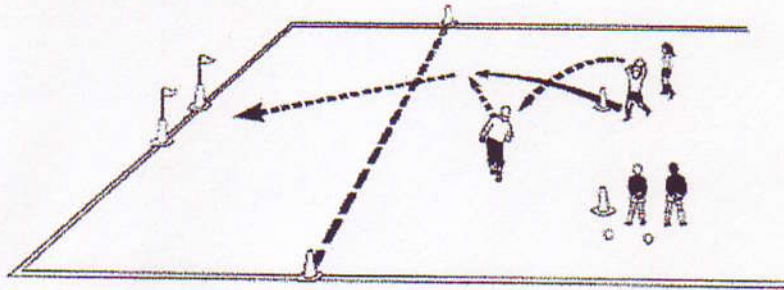


Home / News » Free Practices » Mack 1

Mack 1

Objective:

To develop passing and shooting skills with both feet.
 To teach the proper techniques for throw-ins.



Organization:

Two marker cones placed 12-yards in front of the goal right and left.
 No goalkeeper and goals should be 3-yards apart.
 First player on right does a "throw-in" to the coach, who catches the ball and rolls the ball for a first-time, right-footed shot.
 Player retrieves ball then goes to back of the left line.
 First player at left marker cone does the same exercise, but shooting with left foot, then retrieves ball and goes to back of the right line.
 With two coaches have two practice areas at each end of the small-sided field.

Teaching:

Ask the player to deliver the ball with both hands starting from behind the head and finishing in front of the head.
 One foot forward and keep both feet on the ground.
 Aim to hit the coach on the nose with the throw (will lead to correct technique).
 No goalkeeper, so players should not sacrifice accuracy for power and poor technique.
 Encourage careful, accurate shooting.
 For weaker players, roll ball closer to goal.
 As all players improve, roll ball at 90-degree angle or greater, or move cones back to force a more powerful shot without losing accuracy.
 Don't change practice conditions too soon.

Target:

Each team should try beating its record of successful attempts at goal (for say, 20 shots). With two groups one challenges the other for the best score. Record results for future competition.

< Prev Next >

[Back]

