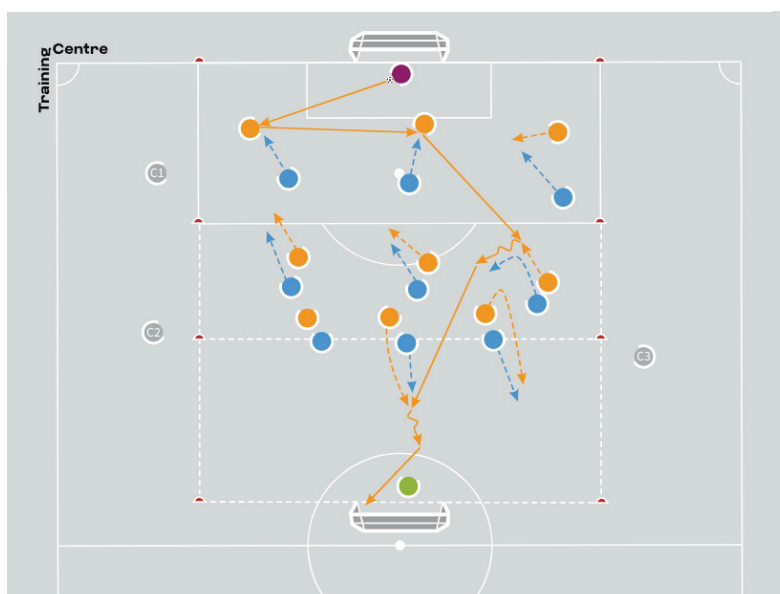


FIFA Talent Coach Programme

10v10 team game: 1v1 defensive marking



Organisation

- Mark out a 40m x 30m exercise area.
- Position a full-size goal at either end of the exercise area.
- Divide the exercise area into 3 zones widthways, as per the graphic above.
- Split the group into 2 teams of 10 (oranges and blues).
- Place a goalkeeper in each goal.
- Set both teams up in a 3-3-3 formation.

Explanation

- The exercise starts with one of the goalkeepers in possession.
- The in-possession team try to build up and score in the opposition's goal.
- The out-of-possession team try to win the ball. If they do so, the teams swap roles.
- If a goal is scored or the ball goes out of play, the exercise restarts with a goalkeeper building play up.
- The offside rule applies for both teams in their respective end zones.
- Each team come together to discuss challenges, solutions and areas for improvement for a minute before sharing their feedback with a coach. Following this brief discussion, the exercise resumes.

Key coaching points

- 1v1 marking requires short distances between the defenders and the attacker, especially when marking the ball-carrier. Following the same logic, defenders away from the ball should not forget to provide the right defensive balance and cover.
- Players should get close to their mark as soon as they see the opponent's intention to play into their zone.
- Communication between the defenders, the defensive line as well as the goalkeeper will be key to organise the team and avoid situations like this where two players mark the same player opening space for the opponent to exploit.
- When playing against individual marking, players of the team in possession should look to both create and exploit space as opponents are dragged out of position.

Roles of coaches

- First coach: leads the exercise and explains the objectives.
- Second coach: listens to one of the team's feedback.
- Third coach: listens to the other team's feedback..