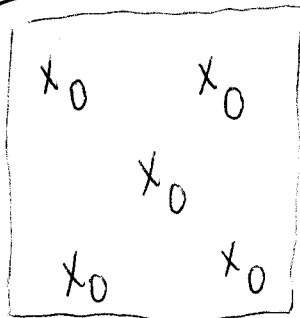


DEFENSIVE MARKING

WARM UP



ALL PLAYERS IN GRID IN PAIRS WITHOUT BALLS. PAIRS ARE IN OPP. COLOR PINNIES. X'S ARE ATTACKERS TRYING TO GET AWAY FROM DEFENDER. ON "FREEZE" EVERYONE STOPS AND ALL DEFENDERS WHO AREN'T WITHIN 3 FT OF MARK DO 3 PUSHUPS.

COACHING POINTS

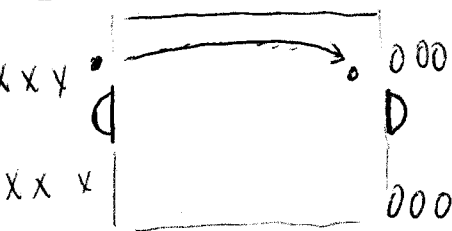
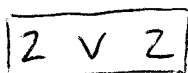
- ① DEFENSIVE STANCE
- ② ARM'S LENGTH AWAY

PROGRESSION: NOW INTRODUCE BALL - TEAM WITH BALL IS POSSESSING, TEAM WITHOUT DEFENDS W/COACHING EMPHASIS ON MARKING. STOP FREQUENTLY TO REINFORCE MARKS ON DEFENCE PARTICULARLY WHEN MARKING BREAKS DOWN. JUST PLAY BIG 8 V 8 KEEPAWAY AS NORMAL POSSESSION GAME - GRID MAY HAVE TO BE EXTRA LARGE

COACHING POINTS

- ① DEFENDERS: RECOGNIZE & REACT
- ② RECOGNIZE GOOD MARKING UP - EVEN IF THEY DONT WIN BALL
- ③ IMMEDIATE MARKING/PRESSURE WHILE BALL IS TRAVELLING SO THAT MARKING IS TAKING OPTIONS AWAY
- ④ POSITION OF MARK (BALL SIDE) TO BE IN POSITION TO CHALLENGE

ACTIVITY ONE



- PLAY 2 V 2 W/ PAIR GOALS
 - X'S SERVE BALL TO O'S AND PLAY REGULAR 2 V 2
 - PLAY QUICKLY; AS SOON AS BALL GOES OUT, NEW PLAYERS SERVE BALL TO KEEP LINES MOVING
- PERIODICALLY STOP W/ COACHING POINTS

COACHING POINTS

- ① ROLE OF 2ND DEFENDER - MARKING UP BUT ALSO GIVING 1ST DEFENDER COVER.
- ② IN 2 V 2, 2ND DEFENDER CANT BE TOO CLOSE TO 2ND ATTACKER, BUT CLOSES FAST ONCE BALL IS PLAYED
- ③ BALL SIDE AND GOAL SIDE

ACTIVITY TWO: PLAY 8 V 8 W/ GOALIES BUT PLAYERS CAN ONLY MARK SAME PERSON ENTIRE GAME AND CANNOT MARK ANYONE ELSE. THIS ISNT TOO REALISTIC AND THEY GET TIRED BUT PROVES GOOD POINT - PLAY FOR SHORT WHILE THEN GO TO REGULAR GAME W/ EMPHASIS ON MARKING