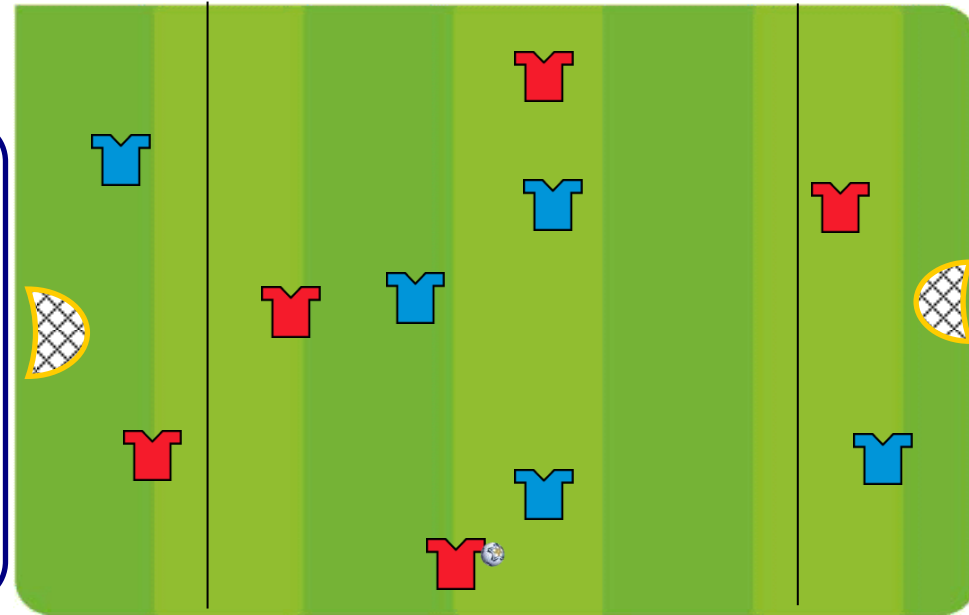
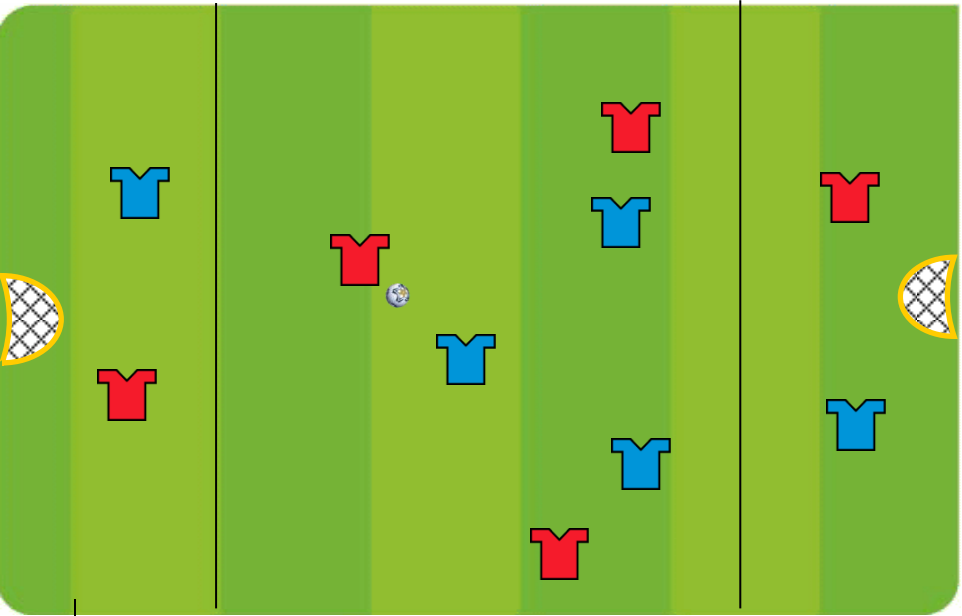


## Game: Pressure marking



**KEY**

- goal
- cone
- team 1
- team 2
- ball
- ball movement
- player movement



**Attacking Learning focus: When to play through?**  
**Defending Learning focus: When to mark and when to cover?**

### How to play

5v5 with three zones. Both teams have one player in each of outer zones. Each player in central zone has a marking task. To score team in possession need to play the ball from one outer zone to the other. Players restricted to Their zones.

**Game levels (progressions)-players can move to next level  
 Only when they feel ready and achieved success in previous level.**

- Level 2: Players can move from centre zone to outer zones-this will stretch perceptual skills of players involved
- Add Goals plus Goalkeepers in outer zones
- Level 3: Manipulate size of the zones to increase/decrease players challenges around learning focus

### Decisions, challenges & questions within the game

- When to mark a direct opponent and when to cover space?
- Is my defensive starting position allowed me to regain the ball?
- What can I do to intercept a pass being played into outer zone?
- Recognize the triggers to press, mark or cover
- What level of communication we can use to help in defensive play?
- Where do we force an opposition player with the ball and why?

Body position Distance Mark or cover? Winning the ball cleanly	Awareness of space, attacking players and position of the ball Concentration-when to mark and when to cover? Determination-win the ball back
Balance-avoid been outbalance in 1v1 defending scenario Changing direction-turning to be in advantage position against the attacker	Players behaviour in relation to constraints of practice-how that is affecting their learning

