

Title: **Defending: Engaging and Marking**



Date: 25/11/2016	Venue: RGS	Duration: 1 hour	No of Players: 8-16	Ability / Level: U10s
Equipment: Balls. Sticks. Cones.		Purpose: Develop core skills: Engaging an attacker, goal-side marking.		

Time	Task / Activity / Session Content
Warm Up	
5-10	Jog + Dynamic Stretches + Warm up activity (see 'Warm up suggestions' for ideas)
Engaging the attacker (Recap)	
15	Recap / discuss the principles of engaging an attacker from last session: Body position / Footwork / Channelling / Speed / Distance from attacker / Jab tackle / Block tackle etc. Practice: Set up a channel about 5 metres wide and 15 metres long. At both ends create a 'goal' in each corner about 1metre wide using a cone so you have a mini pitch set up with a small goal in each corner and a larger 'goal' in the middle (about 3 metres wide). Attackers start with the ball at one end of the pitch and play out a 1v1 with a defender at the other end. The defender aims to channel the attacker towards one of the smaller wide goals. The attacker's aim is to get past the defender in the centre goal. When 1 v1 is complete players should join the queue at the far end and the next 2 players begin.
Goal-side Marking and Stepping in Front of the Attacker	
15	Demonstrate marking an attacker on the goal side (when neither player has the ball): Stand behind the left shoulder of the attacker / Stand touch tight (within touching distance) of the attacker / Position yourself so you are able to step in front of the attacker to intercept a pass if the opportunity arises but also so you can not be eliminated easily if the attacker receives the ball / The defender should make sure that the attacker is not obstructing their view of the ball. Practice: In groups of 3. 1 player is the engaged / receiving attacker, 1 player is the passing attacker and 1 is the defender. The defender marks the engaged attacker goal side as described above. From about 5 - 10 metres away the passing attacker passes the ball to his team mate. The defender must judge the speed of the pass and either step in front of the attacker to intercept the pass or remain goal side and prevent the attacker from turning and eliminating them. Repeat 5 - 10 times before switching the player roles. For beginners make sure the attacker receiving the ball is static so the interception is easier. Progression: Set up a scoring system e.g 3 points for an intercept / 2 points for preventing a turn or tackling / -2 points for a failed intercept or elimination and see who can score the most points in a set number of turns.
Match	
15	Small-sided game
Cool Down and Review	
5	Jog + Stretches + Discuss key points covered in the session. Ask questions to players. Ask what AND why!

