PLAYING UNDER TIGHT MARKING

Protect -> receive -> turn -> combine -> game

SESSION OVERVIEW

SESSION AIM

Develop forwards who can receive, protect and combine effectively when closely marked.

THEME	PRACTICE 1	PRACTICE 2	END GOAL
Attacking Play	**PROTECTING THE BALL**	**RECEIVE, PROTECT & TURN**	**Apply all tight-marking skills**

PRACTICE 1 | PROTECTING THE BALL

ORGANISATION

Mark out a 10 x 10-yard grid. Work in pairs, with one attacker and one defender in each grid.

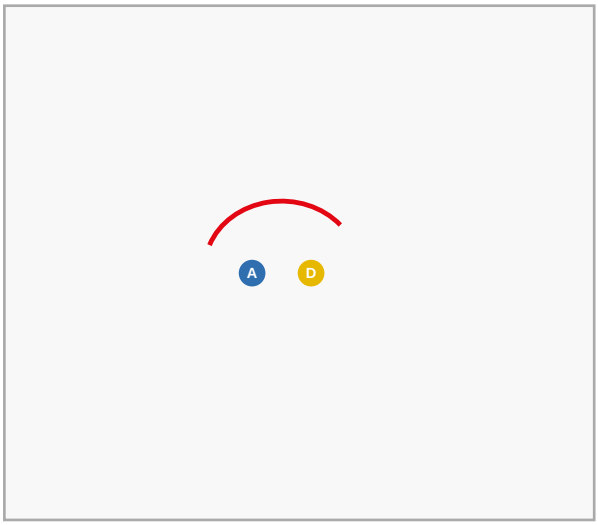
HOW IT WORKS

The attacker keeps possession for 20 seconds against tight marking. The player protects the ball by turning side-on, keeping the ball on the foot furthest from the defender and adjusting position as the defender moves.

COACHING POINTS

- Use the body as a barrier between defender and ball.
- Keep the ball on the safe side.
- Stay balanced and strong through contact.
- Use small touches to maintain control.

DIAGRAM



Screen the ball and keep possession against tight pressure.

PROGRESSIONS

1. Increase the defender's pressure.
2. Allow the attacker to score by escaping across any line.

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PRACTICE 2 | RECEIVE, PROTECT & TURN

ORGANISATION

Use a 20 x 10-yard grid. Place a server at one end. The forward starts around 15 yards away with a defender tight behind.

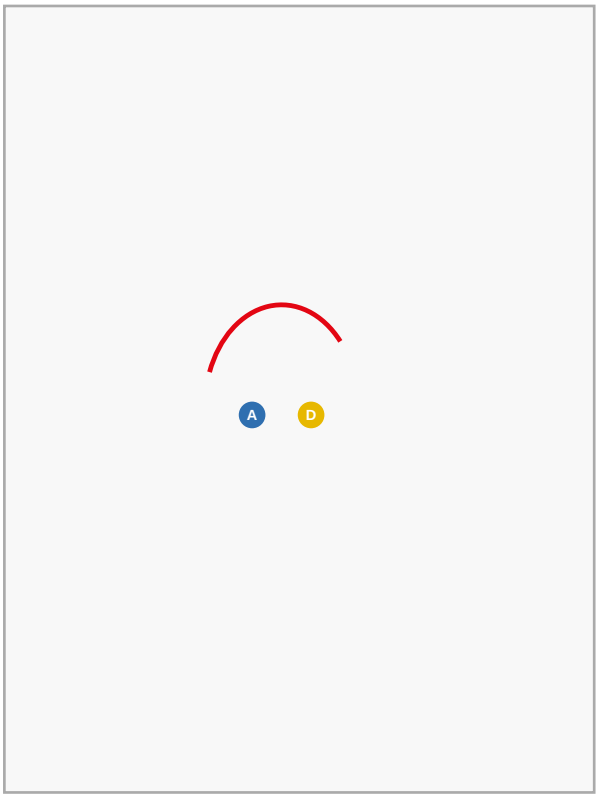
HOW IT WORKS

The forward moves to receive from the server, controls and protects the ball, then turns and returns the ball behind the end line. If unable to escape, the forward can bounce the ball back and combine 2v1 with the server.

COACHING POINTS

- Lose the marker before the pass with a change of direction or speed.
- Receive at an angle.
- Check the defender's position before the ball arrives.
- Turn away from pressure and use disguise.

DIAGRAM



Receive under pressure, protect the ball and escape the marker.

PROGRESSIONS

1. Vary the height, speed and angle of service.
2. Allow the defender to win and counter to the opposite end.

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PRACTICE 3 | 2V2 WITH TARGET PLAYERS

ORGANISATION

Mark a 20 x 20-yard square. Play 2v2 inside, with one target player from each team positioned on opposite ends.

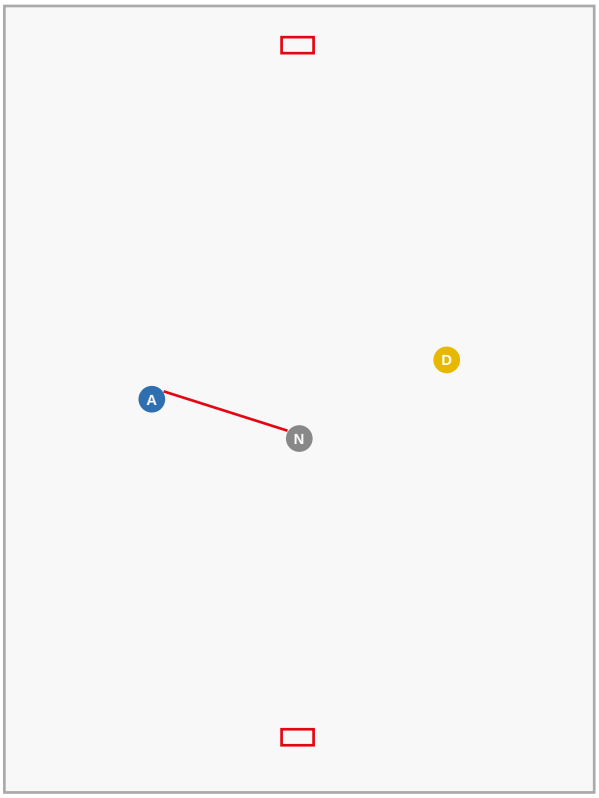
HOW IT WORKS

The team in possession plays end to end through its target players. Inside players are tightly marked and must receive, protect, turn or combine to connect with the opposite target.

COACHING POINTS

- Lose the marker before receiving.
- Use screening and turning skills.
- Combine with wall passes, overlaps and diagonal runs.
- Recognise when to hold position and when to move.

DIAGRAM



Use movement and combinations to connect from target to target.

PROGRESSIONS

1. Rotate inside and outside players every two minutes.
2. Limit touches to encourage quicker combinations.

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FINAL GAME | ALL TIGHT-MARKING SKILLS

ORGANISATION

Use an area about 50 x 40 yards with goals and goalkeepers. Play man-for-man with a free-playing sweeper for each team.

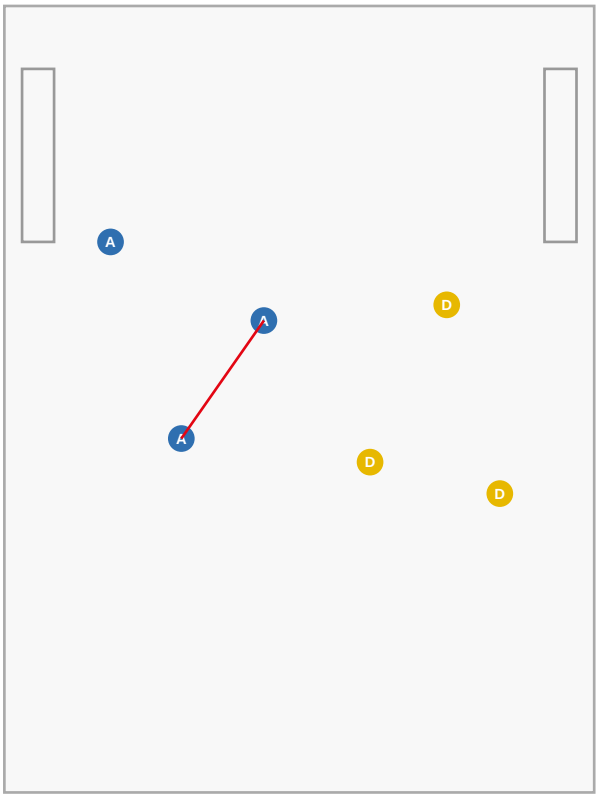
HOW IT WORKS

Sweepers initiate attacks and support possession. All other players are matched tightly man-for-man, forcing attackers to create space, lose markers, screen, turn, dribble and combine to progress toward goal.

COACHING POINTS

- Create separation before the ball arrives.
- Know when to hold the defender away from the action.
- Combine quickly when individual escape is not possible.
- React immediately when possession changes.

DIAGRAM



Apply receiving, protecting, turning and combination play in a realistic game.

PROGRESSIONS

1. Limit the sweeper to three touches.
2. Remove the free sweeper and play completely man-for-man.