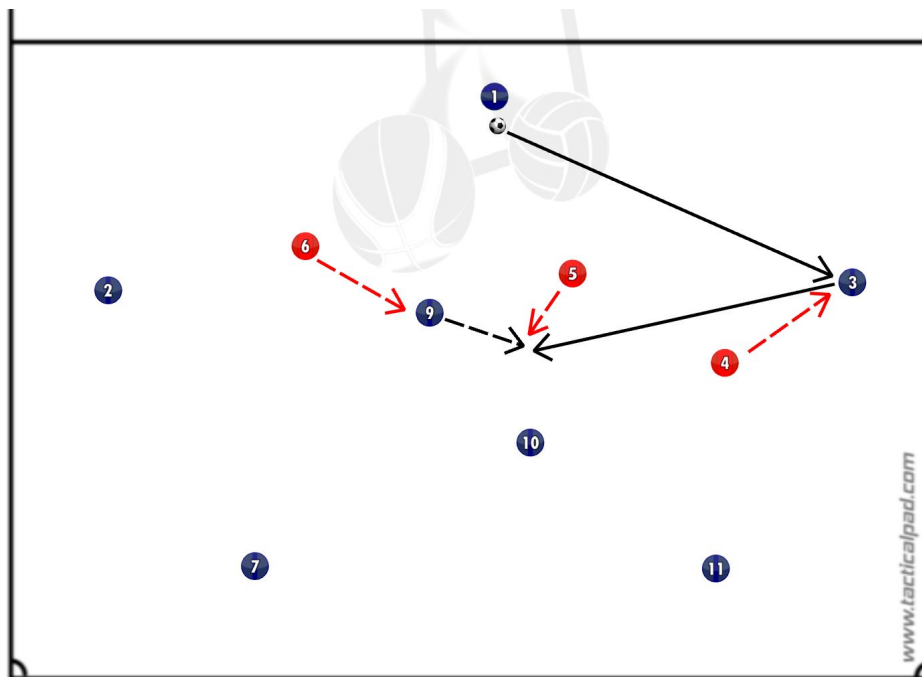


## 5 + 2 v 3 for double marking



**PLAYERS AGE:**

Youth Academy

**NUMBERS OF PLAYERS:**

10 (1 goalkeeper)

**MAIN GOALS**

**TECHNIQUE:**

Passing, Receiving

**PLAYER TACTIC:**

1 v 1

**TEAM TACTICS:**

Double marking

**SECONDARY OBJECTIVES:**

Recovery of the possession

**EQUIPMENT:**

cones, balls, bibs

5 blue players are placed on the corners of a pentagon, and the goalkeeper is placed in the upper vertex; two more blue players are placed inside the pentagon, in a 2 v 3 outnumbered phase of play. The defenders must put pressure 1 v 1 against the outside players (pressure and intercept but without contrast) and they must double the mark on the man in the middle (ex. 6 and 5 v 9). The blue team must always try to alternate the passes inside/outside. If the defenders recover the ball they can use the outside players as support to keep the possession.