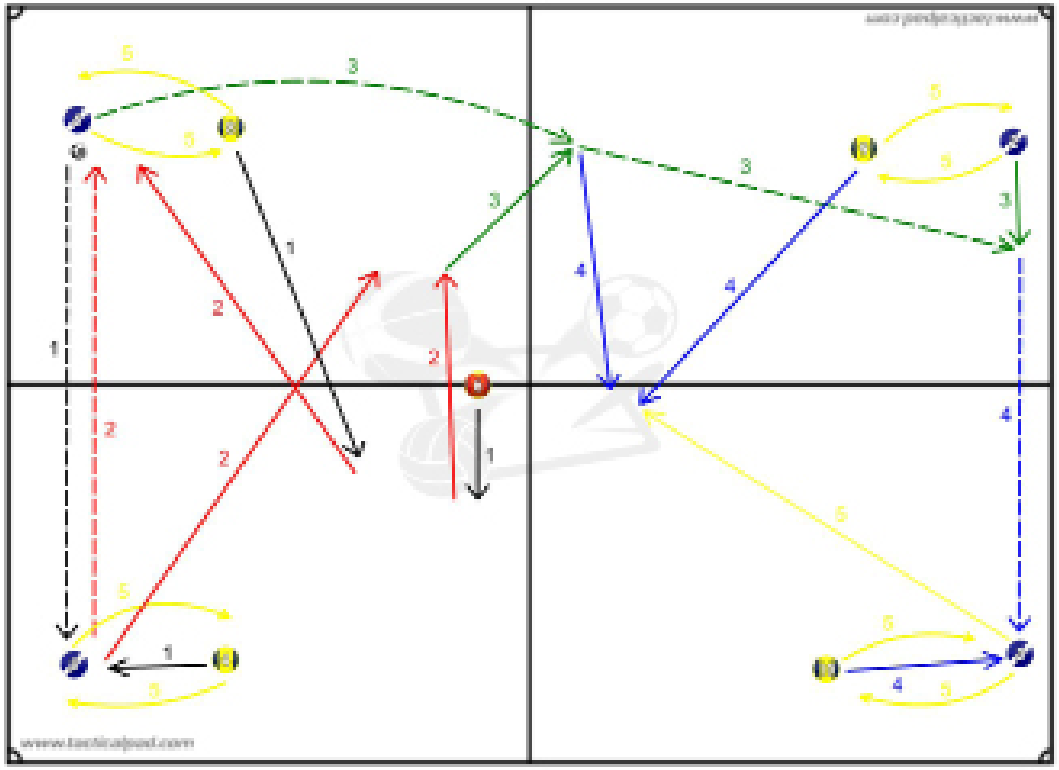
Marking and covering: alternated 2 v 2 (+1) duels possession game with transitions



PLAYERS AGE:
U14 - U16

NUMBERS OF PLAYERS:
9 field players

MAIN GOALS

- **TECHNIQUE:**
  Passing and receiving under opposition's pressure
- **PLAYER TACTIC:**
  1 v 1 defending body position, interception. player's transitions to defend
- **TEAM TACTICS:**
  Marking, space covering, closure of passing lanes

SECONDARY OBJECTIVES:
To escape the marker and passing in behind the pressure lines

EQUIPMENT:
cones, balls, bibs

Two teams of 4 players carry out this possession game in a four zones space (the dimensions vary and are concerning age, category, and level of the players). They have outside positions (if in possession) and center positions (if they are defending), as shown in the picture. The joker (red Num.6) plays along the half-line, but inside the space where the move is taking place. Each 2 v 2 duel is broken down into a 1 v 1 sub-duels within the quarter of field where a player is in possession. 1) Two players of the team in possession (blue), Num.6 and Num.5 pass the ball between themselves and two defenders of the yellow team, Num.4 and Num.8 must alternate marking action (Num.4 v Num. 5), to play 1 v 1 and covering action to close the passing lanes toward the center joker (Num. 8)- 2). A defensive movement must follow each pass; in this situation, Num. 8 is marking and pressing the opposition's receiver (Num. 6) and Num. 4 is covering the passing lane toward the joker (the covering player can run inside in the quarter of the field to follow the ball and the opponents).3) If the joker can receive, he changes the side toward the opposite half of the area; the players of the defending team try to cover the space, close the passing lanes, and to intercept the ball. 4) Num. 2 and Num. 3 of the blue possession team must pass the ball between them inside the opposite half, and the defenders near the ball must alternate the same defensive actions like their teammates (Num. 10 plays 1 v 1 against Num.3 and Num.9 is covering the passing lane, in this example).5) When one of the defenders intercepts (Num.9 yellow, in the figure), or wins the ball after 1 v 1 duels, the teams must switch the roles, the player in possession can dribble the ball until the positions are defined. However, the players of the new defending team (Num. 5 and Num. 6, in the picture), can look for immediate recovery of possession, trying to intercept the change of side, which leads to the next sequence. **Note:** if a defender kicks the ball out of the space, the coach plays a second ball inside, when players' positions and roles are defined as attacking and defending teams.

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