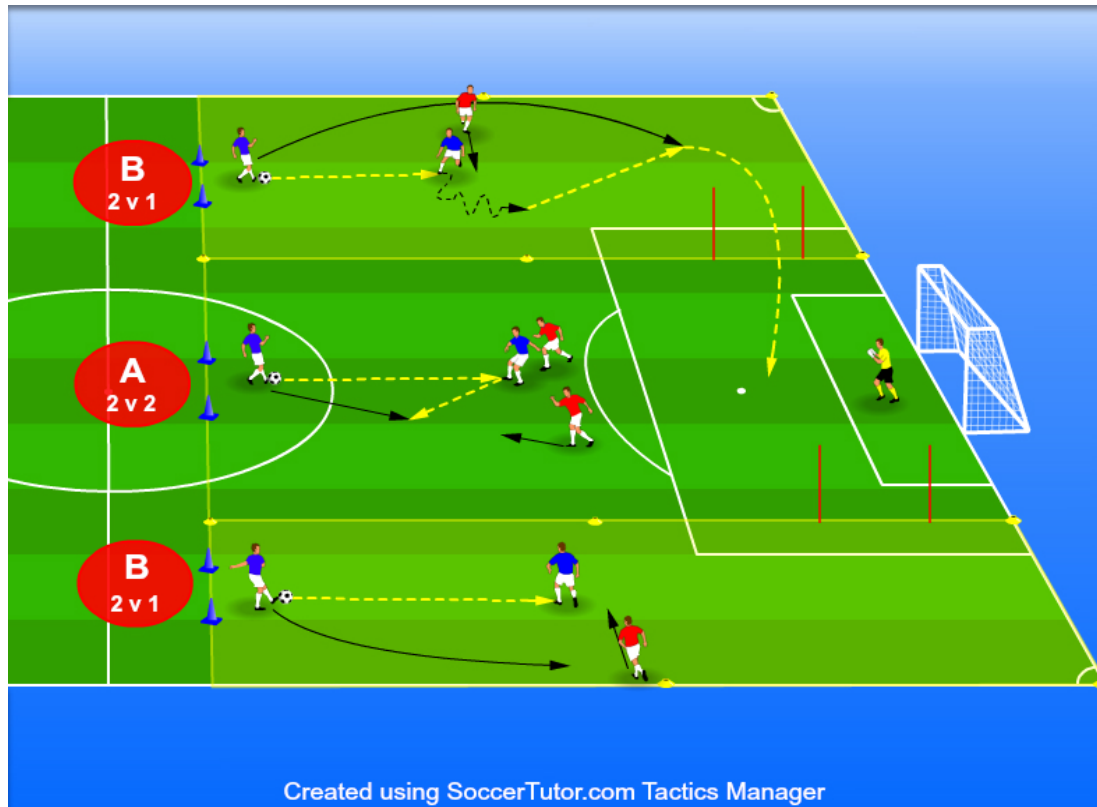


2v1 / 2v2 Man Marking from Behind



Levels: U13-15

Measurement:

Half-Pitch

Duration: 20 Mins

Players:

11

Objective: Man Marking from Behind

Description: We have 3 zones with players receiving passes.

In zone A, there are 2 defenders and 1 of them marks the attacker from behind. The passer makes it a 2v2 situation.

In the B zones, the defenders are positioned to the side and must try to prevent the attacker from turning towards the poles and crossing the ball.

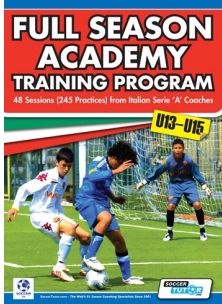
In zone A, the objective is to score in the goal. In the B zones, the objective is to cross the ball through the 2 poles as shown in the diagram.

Progression: Defenders start from a distance of 4 yards away from the attacker (much nearer).

2v1 / 2v2 Man Marking from Behind

This Drill is Taken From...

By Coach



48 Sessions (245 Practices) From Italian Serie 'A' Coaches

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Mirko Mazzantini

ACF Fiorentina
Academy Coach .

Equipment Needed



Boundary Poles



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Space Markers



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Traffic Cones



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Rubber Marker Discs



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Training Ball



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