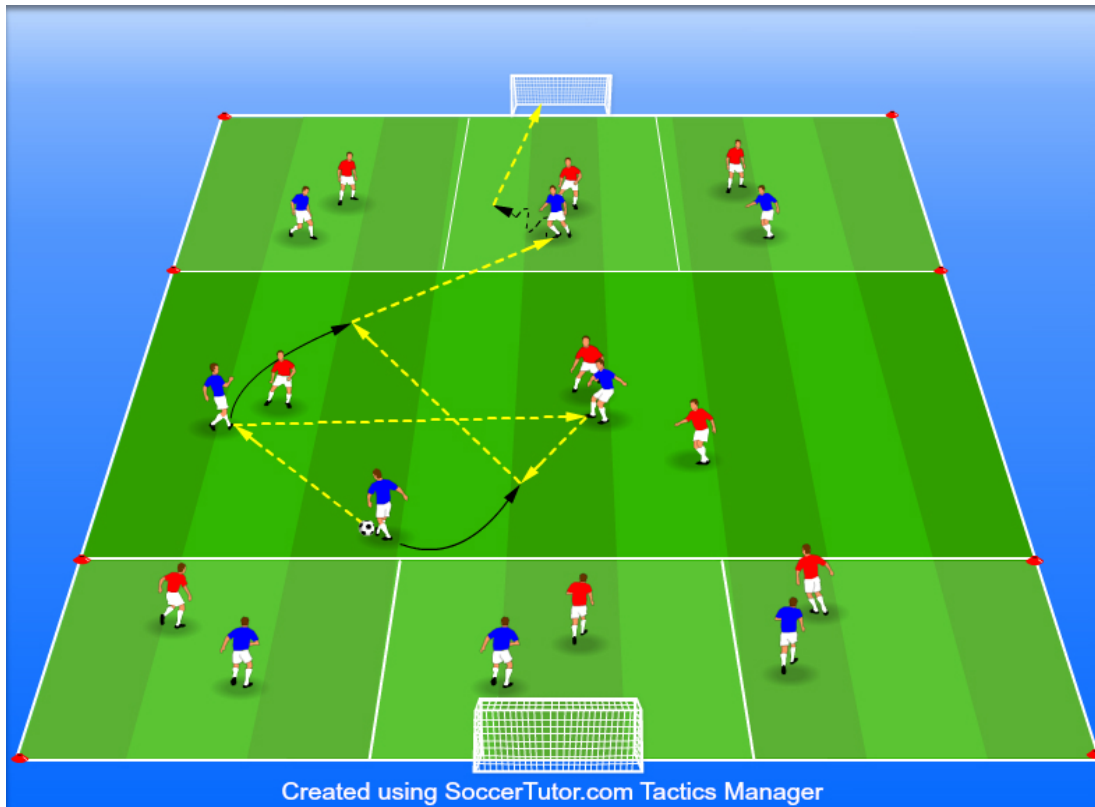


### 1v1 Man Marking in a 7 Zone Game



**Levels:** U13-15

**Measurement:**

Half-Pitch

**Duration:** 20 Mins

**Players:**

18

**Objective:** 1v1 Man Marking

**Description:** The area is divided into 1 central zone and 6 smaller zones.

1 attacker and 1 defender are in each small zone and the attackers have their backs to goal. After 4 passes in the central zone the ball can be passed to any of the attackers.

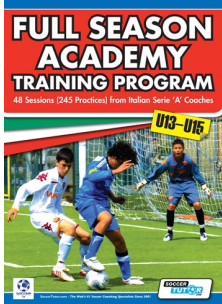
If the attacker beats the defender, they can shoot in the goal

**Progression:** 1 midfielder can move into one of the zones to create a 2v1 against the 1 defender.

## 1v1 Man Marking in a 7 Zone Game

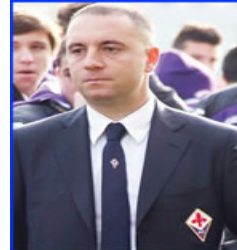
### This Drill is Taken From...

### By Coach



48 Sessions (240 Practices) From Italian Serie 'A' Coaches

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Mirko Mazzantini

ACF Fiorentina  
Academy Coach .

### Equipment Needed



#### Space Markers



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#### Rubber Marker Discs



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#### Small Target Goals



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#### Training Ball



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#### Mini Pro Cones



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