

Title: Side/Front Marking

Aim: To learn about side and front marking.

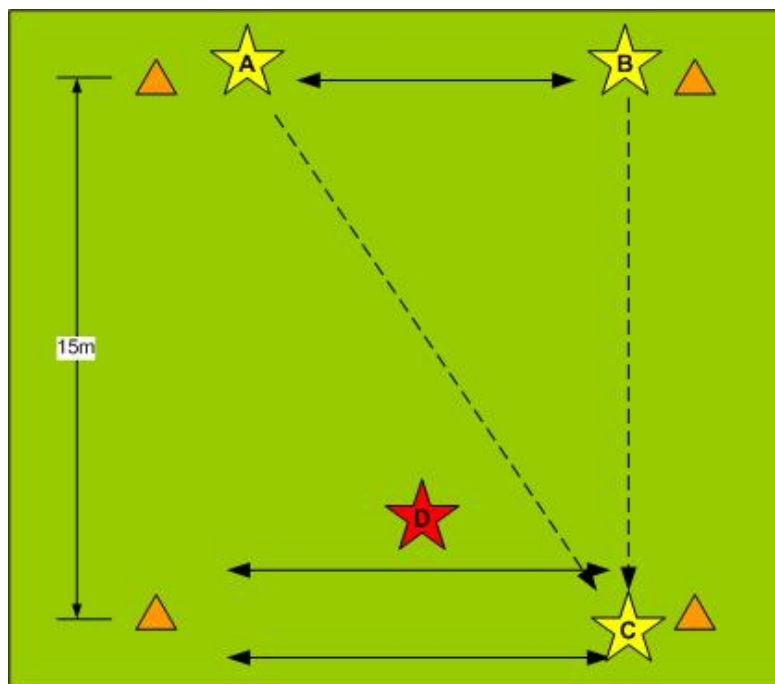
Front marking may be used to prevent the ball being hit from a fullback/midfielder to a strike forward over longer distances.

Side marking may be used to protect an area of the field or you can dictate where the ball will be passed.

Equipment Needed:

- 4 x cones
- 4 players

Set Up:



Description:

- In 4's, A and B using the full width of the area, endeavour to pass the ball to C with a straight or diagonal pass past D who marks in front.
- If pass not on to C, A and B pass ball between themselves.

Coaching Points:

- When front marking adopt a position where the passer and receiver can both be seen (this is not easy).
- It is essential to have communication from goalkeepers or other defenders. Marker then moves across the line of the ball and intercepts the pass.
- When side marking stand on the side of the player that you do not want the ball to be passed to.
- Remember to protect the danger area - the centre of the field.

Variations:

- After C receives the pass, they must turn and shoot at goal.
- Include goalkeeper who can communicate with player D.