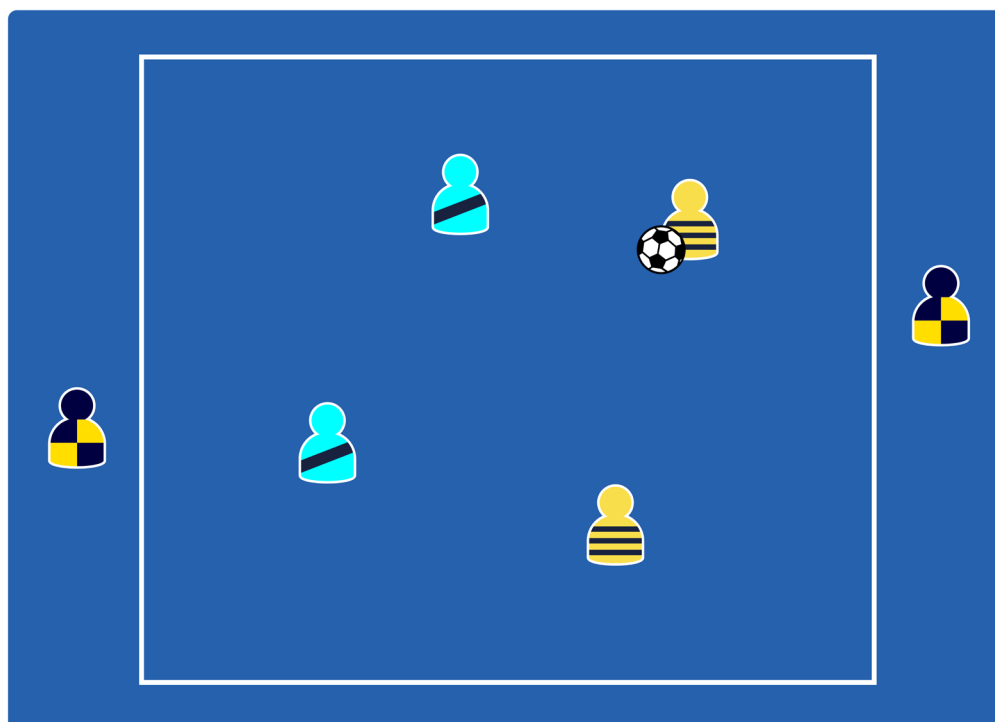


## SESSION PLAN

### 2v2 MARKING THE TARGET



Ball:



Team 1:



Team 2:



Target player:



Goal:



#### OBJECTIVES

Players will develop their understanding of:

- how to mark an attacker to help regain the ball
- how to work with a teammate to restrict space and options
- how scanning will inform their decision-making.

#### ORGANISATION

- Set up an area appropriate in size for your players
- We have six players split into three pairs, but you can adapt to your numbers
- One pair act as target players, with one at each end – they can move up and down the end line
- The remaining two pairs play 2v2
- Set up as many areas as you need to get everyone involved

#### HOW TO PLAY

- The aim of the game is to get the ball from one target player to the other
- When attacking, players work in their pairs to find a way past the opposition and pass the ball to the target players
- When defending, they try to mark the target player and press their opponents to win the ball back
- Every time the attackers work it from one end to the other, they gain a point and keep the ball to go back the other way
- Play for three minutes, then rotate the pairs, so the target players get a chance to play in the middle