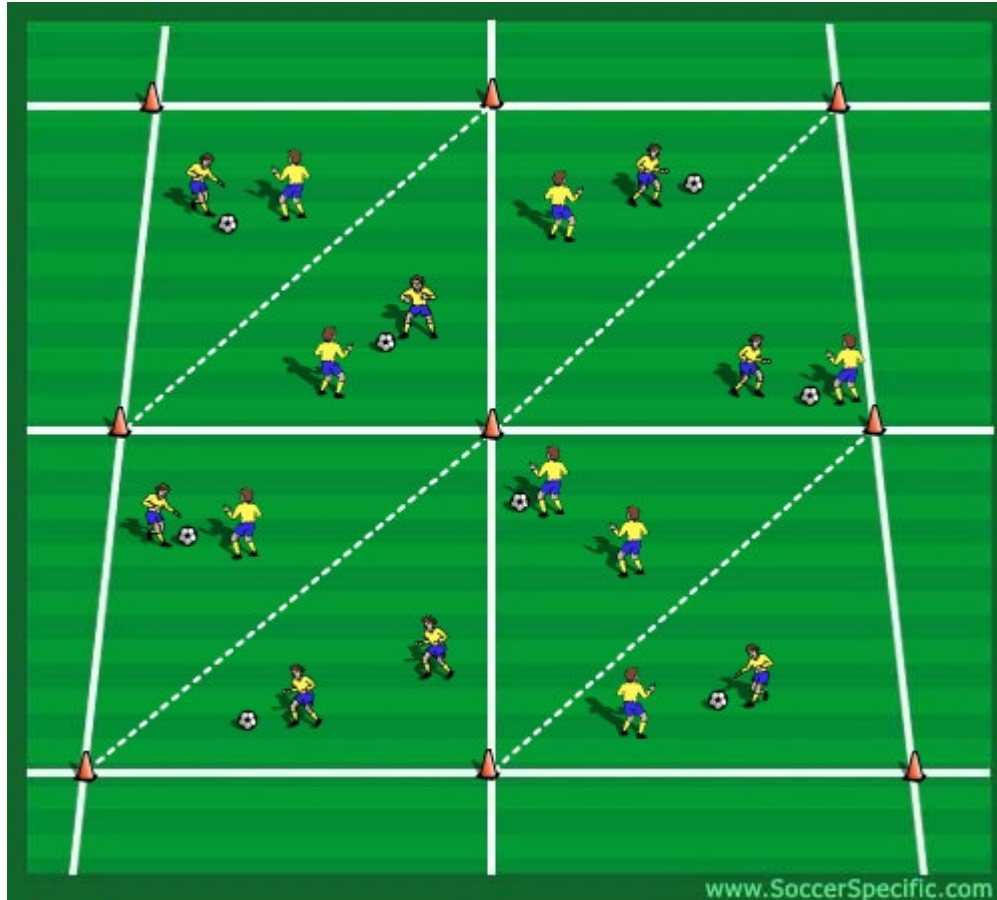


## Touch Tight

**Emphasis:** Close marking and shadowing.



**Set-up:**

20 x 20 yard grid split into two triangles as shown. Cones in each corner of the grid. Two players per triangle with 1 ball. Repeat set-up to accommodate entire team.

**Objective:**

Player (A) must try to dribble to any cone in the triangle with the ball without the defender kicking the ball from the grid. One point is awarded for every cone touched with the ball. The defender (B) must try to stay close to the attacker to deny the space and prevent him from scoring. Switch roles after approximately one minute. Rotate partners after each game.

**Progressions:**

Remove or add cones depending on ability and success of players.

**Coaching Points:**

- Stay low in good defensive position.
- Don't dive in to win ball – be patient.