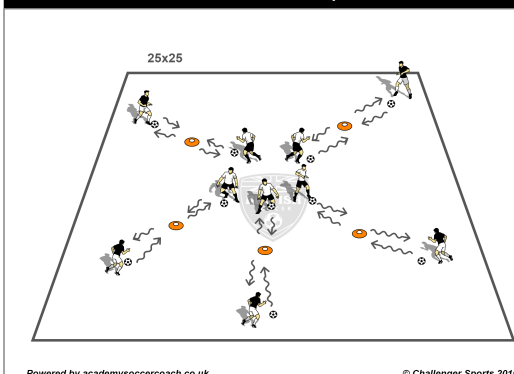


Topic: Shielding & Turning

Objective: To recognize how to shield the ball & when to turn when under pressure.

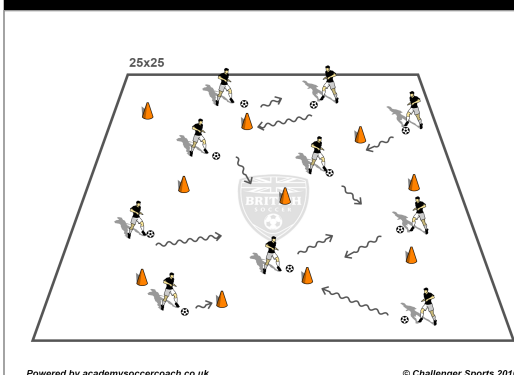
Session Part: Technical Warm-up



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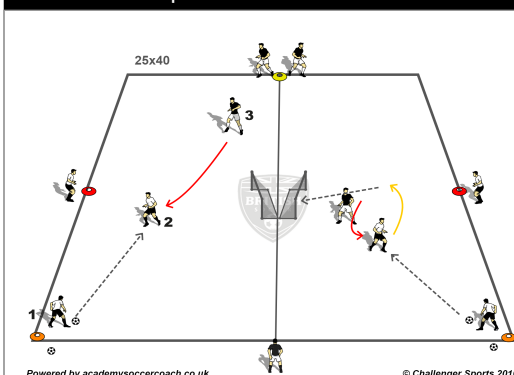
Session Part: Small Sided Game



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Session Part: Expanded Small Sided Game



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Session Part: Game



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Organization

Time:

10

Area:

25x25

Numbers:

10 Players

- Players in pairs - 1 ball each with a cone in the center 5 yards apart.
- Players dribble towards the central cone and perform a turn before returning to starting position.
- Player must turn quickly before they get near to their partner/the cone.
- Turns; 1. Drag Back. 2. Inside Hook. 3. Outside Hook.

Progressions

- Use of both feet to dribble and turn.
- 1 ball for each pair, player with the ball has a pinnie tucked into back of shorts that the player without the ball attempts to steal before they reach starting position after turning at the central cone.

Coaching Points

- Soft touches to dribble - close control.
- Sharp turns.
- Low center of gravity when turning.
- Use of upper body when turning.
- Sharp acceleration.

Organization

Time:

15

Area:

25x25

Numbers:

10 Players

- 1 player - 1 ball each.
- 10 tall cones scattered around the area.
- Players begin the exercise dribbling inside the area in different directions.
- Coach calls "Shield" - players must find a tall cone each and shield the ball for 10 seconds.
- Players continue dribbling and wait for further calls to react to.

Progressions

- Add defenders to replace the tall cones.
- Players shield the ball for 5 seconds.
- Increase/decrease area size depending on success of individuals within the group.
- Use of both feet.

Coaching Points

- Side on stance to shield.
- Low center of gravity - bent knees.
- Use of upper body to protect the ball.
- Keep the ball moving.
- Sharp turn away after set time limit to shield.

Organization

Time:

20

Area:

25x40

Numbers:

10 Players

- Players split into 2 team - attackers and defenders.
- 2 groups work simultaneously with 2 goals in the center of the playing area.
- Player 2 makes a movement towards player 1 who passes them the ball.
- Player 3 (defender) applies pressure to player 2 and a 1v1 situation begins.
- Player 2 attempts to score in the goal, player 3 attempts to steal and score also.

Progressions

- Decrease distance between player 3 and 2.
- Set time limit to score within.
- Player 1 joins in to create 2v1.
- Add a goalkeeper.

Coaching Points

- Pressure the attackers quickly.
- Body shape & positioning to shield the ball.
- Low center of gravity - bent knees.
- Keep the ball moving & turn using upper body.

Organization

Time:

15

Area:

35x30

Numbers:

10 Players

- 5v5 with goalkeepers.
- 2v2 in each half of the field.
- To begin the game players are locked into their designated half of the field.
- Attackers must receive a pass from a team-mate with their back to the goal and attempt to turn or shield the ball from the defender before they can score.

Progressions

- Set time limits for attackers to score before play overturns to the other team.
- Add a neutral player to support the attackers when they have their back to goal.
- End with free play.

Coaching Points

- Good first touch to shield the ball.
- Body shape and low center of gravity.
- Assess opportunity to turn the defender.
- Support play and teamwork.