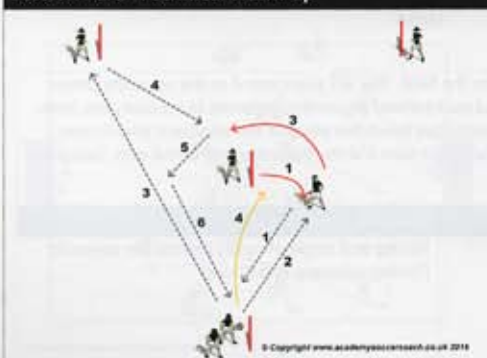


Topic: **Shielding the Ball**

Objective: **To effectively protect the ball, and beat defender, when faced with few to no passing options to escape pressure**

### Session Part: Technical Warm-up



### Organization

Time: 15

Area: 15 from base to middle and 15 from middle to wide

Numbers: 6

Y Passing pattern with pressure on central receiver

1-Central player checks off to receive as defender aims to stay tight behind

2-Central player returns ball to start

3-Ball is played long to wide player as central attacker spins off mark

4-Wide player completes a wall pass with attacker and ball is taken back to the start

### Progressions

Perform in both directions

Have central attacker keep the ball for a second or 2 before playing back - using good strength to hold off defender pressuring on back

### Coaching Points

Foot to receive the ball on in relation to where the defender is pressing  
 Holding off/Strength on ball  
 Spinning defender

### Session Part: Small Sided Game



### Organization

Time: 20

Area: 15x15

Numbers: 8

1v1

Attacker checks out past center line and back to receive the ball. The defender can leave their gate as attacker does but cannot cross line until attacker receives the ball. Attacker aims to protect the ball and turn the defender to play a pass into a player in the opposite gates.

### Progressions

Defender can go beyond half way before attacker receives the ball.  
 Defender can use team mates in gates to play off, defender should still defend the attacker in play

### Coaching Points

What foot and part of foot to receive the ball to have the most protection from defender  
 Can the attacker turn the defender immediately or do they need to hold the ball up first

### Session Part: Expanded Small Sided Game



### Organization

Time: 25

Area: 40x30

Numbers: 8

4v4

Both teams look to score in oppositions goal but must play back to the player inside their defensive third before they can score.

Playing backwards each time a team wins possessions gives the defending team opportunity to pressure attackers creating more opportunities to shield the ball as it comes back into feet

### Progressions

Add a neutral player on the other side of the ball giving a 4v5 which puts additional pressure on the 1st attacker who may get doubled up on. Can they protect from 2 angles/players at once?

### Coaching Points

Knowing when and how to play safe and protect the ball/recognizing opportunities to prevent being pinned away from goal  
 Using far side foot to keep ball furthest away

### Session Part: Game



### Organization

Time: 30

Area: Full Field

Numbers: 9v9

3-4-2 vs 3-4-2

Same formation to encourage a lot of 1v1 battles and opportunities to shield the ball

### Progressions

Instruct defending team to 'man-mark' on the goal side of the ball. Instead of intercepting passes and preventing passing lanes, stay on the back of your opposite number and only tackle that player

### Coaching Points

Shielding the ball away from danger which may come from more than just the defender now i.e. support players and the goal  
 Quick support from additional attackers to prevent prolonged time shielding the ball