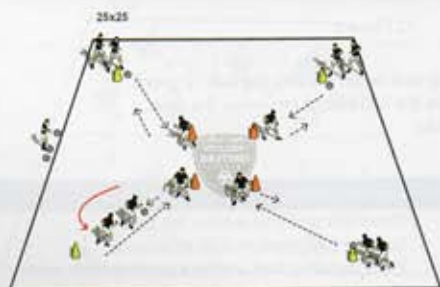


Topic: **Shielding & Turning**

Objective: **To understand how and when to shield/set the ball and ways to turn the defender applying pressure.**

Session Part: Warm-up



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Session Part: Technical Fundamentals



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Session Part: Game Scenario



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Session Part: Small Sided Game



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Organization		Time: 10
Area:	25x25	
Numbers:	12 Players	
<p>4 groups - of 3 players - 1 ball per group. Player 1 in the corners passes into central player and move towards player 2 who has the ball. Player 2 passes back to player 1 - Player 3 who is standing behind player 1 applies light pressure. Player 1 (shielding the ball) shields the ball for 5 seconds then turns to the outside cone. Rotate players roles and gradually increase pressure from defenders.</p>		
Progressions		Coaching Points
<p>Begin warm up unopposed from defenders. Increase shielding time. Introduce different turns - drag back, step over for the player shielding to turn away from the defender.</p>		<p>Good weight of passing and first touch. Low center of gravity - bend the knees. Use of sole, inside/outside to maneuver the ball. Use of upper and lower body to shield. Sharp turn away from defender with acceleration.</p>
Organization		Time: 20
Area:	50x40	
Numbers:	12 Players	
<p>2 groups of 6 players working simultaneously - 2 balls per group. 4 players in each corner of the area - 1 player at each end with a ball. 2 players play in the middle for 2 minutes - begin unopposed to build confidence. Corner player passes in attacker who shields for 5 seconds then plays to open player in the other corner. Defending player then becomes the player shielding at the opposite end of the area - same process.</p>		
Progressions		Coaching Points
<p>Rotate central players every 2 minutes. Build into opposed 1v1 exercise. 1 ball per group - player shielding can set back the way he is facing or attempts to turn and play to players at the other end of the field.</p>		<p>Body between defender and the ball to make pass Play with few touches as possible Make move away from ball before checking back to it Defenders try get around attacker to win ball</p>
Organization		Time: 15
Area:	50x40	
Numbers:	12 Players	
<p>2 groups of 6 players on each side of the field with 2 goalkeepers. 2 players begin the activity with the ball in the central zone and pass into the attacker. Attacker receives the ball with back to goal and under pressure from a defender. Attacker can set the ball back to player in central zone or attempt to turn and score. If the defender steals the ball they attempt to dribble the ball through either gate (tall cones).</p>		
Progressions		Coaching Points
<p>Build into 2v2 - central player joins in. Set a time limit to score for the attacker. Rotate defensive/attacking roles for each group. Points system to increase level of competition.</p>		<p>Receive the ball with a good first touch. Side on stance with low center of gravity. Assess when to shield and when to turn/shoot. Add an element of surprise to the defender.</p>
Organization		Time: 15
Area:	50x40	
Numbers:	12 Players	
<p>4v4 with 2 goalkeepers - 2 neutral players positioned at either side of center field. 2v2 in each half of the field - players must stay in their half. Players try receive a pass with their back to the goal, turn the defender and shoot when possible. Forwards can link up to get a strike on goal or use neutral players who cannot be tackled. If the defender steals the ball they have a free pass unopposed into their forwards.</p>		
Progressions		Coaching Points
<p>Develop overloads using neutral players. Forwards can steal the ball from defenders. Rotate positions. Free Play 6v6.</p>		<p>Movement off and towards the ball. Good first touch and shielding stance. Quick decision making - when to set/turn. Communication from passer into forwards.</p>