

Topic: **Shielding & Turning**

Objective: **To understand how and when to shield the ball when under pressure.**

**Session Part: Warm-up**



**Organization** **Time: 10**

**Area:** 30x25  
**Numbers:** 12 Players  
 Players in pairs - 1 ball between 2.  
 Players are numbered 1 and 2. Number 1 starts dribbling with the ball - Number 2 follows.  
 Coach calls "Shield", player 1 uses their body to protect the ball from player 2 applying pressure.  
 Players switch roles with player 2 now dribbling and player 1 following.  
 Players protect the ball for 10 seconds.

Progressions	Coaching Points
Introduce turns for the dribbler to execute. 1. Pull Back. 2. Cruyff Turn. 3. Outside Hook Protect the ball for 10 seconds = 10 points. Defender steals it = 5 points. Alternate partners and decrease area size.	Low center of gravity - bend the knees. Move the ball using the sole, inside and outside. Use of the upper and lower body to keep you in between the defender and the ball.

**Session Part: Technical Fundamentals**



**Organization** **Time: 20**

**Area:** 30x25  
**Numbers:** 12 Players  
 Players in pairs in the center of the area - 1 ball between 2.  
 One player in the middle is neutral and can play with any pair - 3 defenders around the outside.  
 Players in middle will pass the ball in their groups and move around the area also using neutral player.  
 On coaches commands defenders run around a cone and enter area to steal a ball.  
 If the defender steals the ball they swap roles with player who lost it.

Progressions	Coaching Points
Player with the ball on coaches commands cannot pass the ball for set amount of time and must protect. Decrease area size to limit time and space. Alternate defenders and groups.	Awareness of when and where to shield. Low center of gravity - bend the knees. Body in between the ball and defender. Keep the ball moving and turn when needed.

**Session Part: Game Scenario**



**Organization** **Time: 15**

**Area:** 30x30  
**Numbers:** 12 Players  
 4 teams of 3 players numbered 1-3. 1 ball per team each assigned a zone.  
 Players begin passing the ball in their zone - 1 or 2 touch.  
 On coaches call of a number, that player travels clockwise into the next zone to steal the ball.  
 Player in possession of the ball shields the ball from the defender when required to.

Progressions	Coaching Points
Change the direction players defend. Allow defenders to go to any zone. Introduce an element of competition; Protect the ball for 10 seconds = 10 points. Defender steals it = 5 points.	Correct body shape to shield/protect the ball Use team-mate if need too Team mates support angles Awareness of space Communication

**Session Part: Small Sided Game**



**Organization** **Time: 15**

**Area:** 50x40  
**Numbers:** 12 Players  
 6x6 game with Goalkeepers for each team.  
 Field split into 4 zones with a 5x5 grid in the center of the field.  
 Players are matched up in a 1v1 situation in each zone and in the center grid.  
 Players look to shield and turn when required to and make decisions on a dribble, pass or shot.  
 Rotate players zones - every player takes a turn in center grid.

Progressions	Coaching Points
Time limits for the ball in each zone. Add overloads in certain zones. Points awarded for successful shields. Free play to finish.	Look to receive on half turn if possible. Use of the body to shield the ball. Communication amongst team mates. Awareness of opponents.