

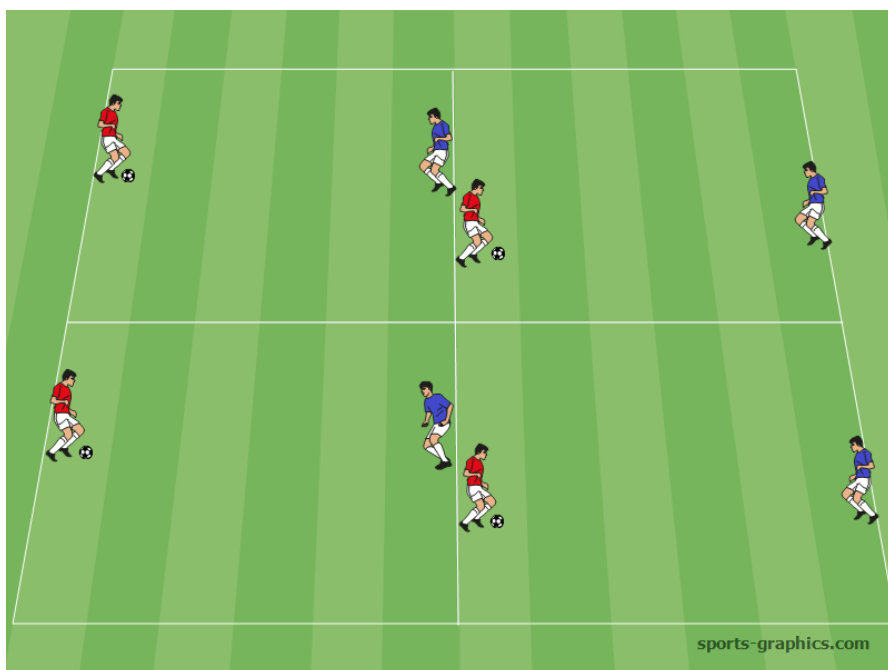
SHIELDING 1v1

Technical practice to develop the art of shielding to keep possession

TECHNICAL

Dribbling

Methods of Beating an Opponent



Organise into pairs of opposing players. Arrange a 10x10 area for each pair. Each pair stands on opposite sides of their area. One player passes the ball to their opponent on the other side of the area. Once the receiver has touched the ball the defender advances and attempts to force the ball out of the area. The attacker must attempt to protect the ball by using the body and keeping the ball moving into space and away from the defender's legs. When the ball goes out, the roles are reversed. After about a minute, players should be rotated to play new opposition.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



LEARNING OUTCOMES

- Develop spatial awareness.
- How to protect the ball to keep possession.
- Incorporate turns to get body between ball and opponent to keep possession.
- Technical mastery.
- The need to get the body between the opponent and ball by using the furthest foot away (side on).
- The purpose of shielding.

KEY FACTORS

- Close control of the ball
- Good first touch
- Head up
- Keep the ball moving into spaces and away from legs
- Knees bent
- Positive attitude
- Technique
- When to dribble and when to shield

FOCUS AREAS

- Decision of when to shield.
- Ensure all players are affected with the practice and individual technical execution is identified and refined where necessary.
- If the standard is varied, put players of similar ability together allowing each group to progress according to ability.
- Passive pressure progressing to full pressure.
- Protection of the ball.
- Strength on the ball.
- When to dribble, when to turn to protect the ball.

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