

SHIELDING AS DEFENDERS ARE ADDED

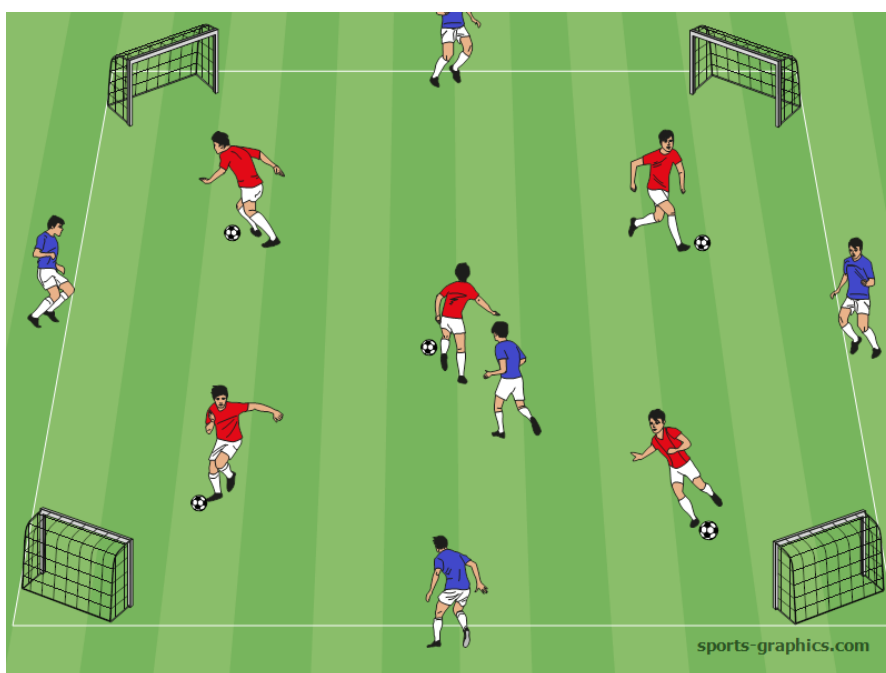
Improve turning and shielding the ball in a technical practice

TECHNICAL

PHYSICAL

Turning

Shielding the Ball



Set up a 15x15 playing area (or adjust to suit) with mini goals across each corner. Half the players (red) with a ball each dribble within the area.

The other half (blue) set up around the outside of the area.

On coach command a blue player enters play and attempts to win a ball.

Progressively on coach command each of the blue players are called into the practice. When a blue player wins a ball they attempt to quickly score into one of the mini goals and then attempt to win another ball and score.

The red player who loses possession of their ball, retrieves it from the goal and stands to the side.

This sequence continues for a set time, roughly five minutes.

Ensure players have appropriate rest time and swap roles.

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

- Ability to reverse or change direction quickly if confronted by an opponent.
- How to protect the ball to keep possession.
- Strength on the ball.
- The ability to get the body between the opponent and ball by using the furthest foot away (side on).

KEY FACTORS

- Close control
- Disguise
- Keep the ball moving into spaces and away from legs
- Knees bent
- Positive attitude
- When to dribble and when to shield

FOCUS AREAS

- Ability to reverse or change direction quickly if confronted by an opponent.
- Appropriate selection and execution of techniques (shielding, turning and dribbling).
- Close control of the ball.
- Decision of when to shield.
- Demonstrate how to get the body between the opponent and ball by using the furthest foot away (side on).
- Emphasise the reasons for turning (creating space to exploit an attacking opportunity or simply to protect the ball by shielding).
- Encourage good technique and positive attitude.
- Strength on the ball.

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