

SHIELDING THE BALL GAUNTLET

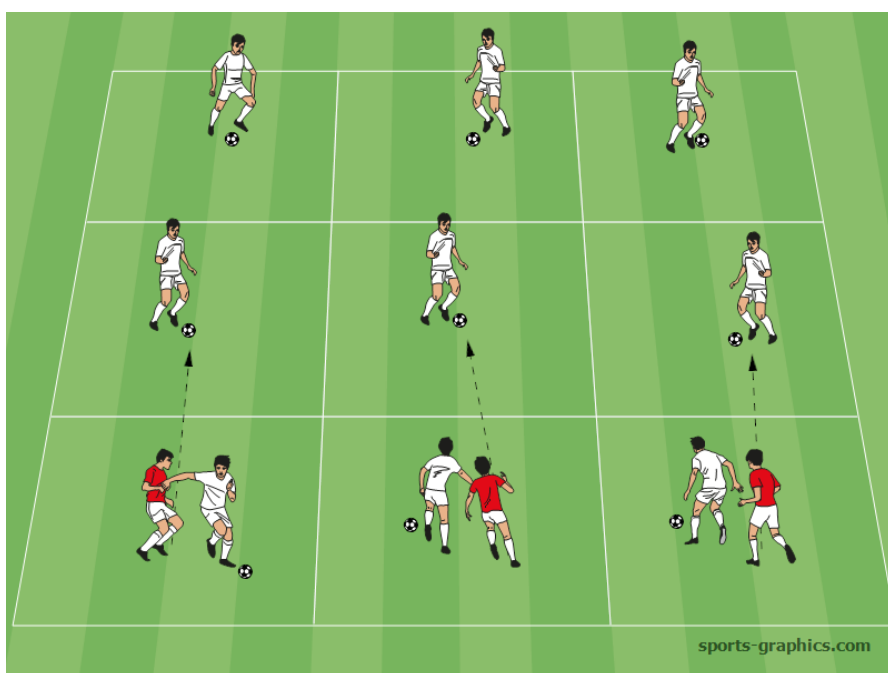
Improve turning and shielding the ball in a technical practice

TECHNICAL

PHYSICAL

Turning

Shielding the Ball



Set up a 15x15 playing area, split into nine 5x5 areas.

Nine players with a ball each take up a place in one of the nine mini areas.

Three defenders (red players) start on the edge of the area.

The practice starts with the defenders entering the first square in their line. The defenders try to win the ball from the first players.

The players with the balls use their bodies to shield the ball for 10 seconds.

After 10 seconds, or on winning the ball, the defenders move to the next mini area to try and win the next ball.

This sequence continues.

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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