

### CONNECTION BEFORE CONTENT

AREA: 30m x 25m    CONES: 10x colour, 10x colour    BALLS: 1 x players    BIBS: ½ number of players

**CORE SKILL:** 1 v 1

**ASPECT:** To maintain possession (shielding)

**PHYSICAL LITERACY:** Strength & Awareness

#### ARRIVAL ACTIVITY – BALL MASTERY/COUNTRIES

**PURPOSE –** Get the players ‘doing’ as soon as they arrive.  
**PRACTICE TIME –** 5 mins

#### EXERCISE:

Each player has a ball and is free dribbling around a defined 20m x 30m area.

Introduce & complete the following actions.

**Ball mastery exercises** – Encourage players to keep head up

- Side Roll (Using the sole of foot, roll from right to left)
- V – Turn (drag the ball from one side of body to the other, forming a V)

**Feints / Turns** – Encourage a change of pace and direction

- Scissors
- Cruyff Turn / Hook Turn

**Ball Mastery Skill Videos** - [Click here to view videos](#)

#### COUNTRIES

- Name each side of the field a country.
- On the coach’s call, ‘Germany’, players must race to that side.
- First player to get to that side and put their foot on top of the ball receives 1 point.

#### WHOLE – CONDITIONED GAME

**PURPOSE –** Conditioned game to develop game sense  
**PRACTICE TIME –** 15 mins

#### SET-UP:

Set up a playing area – 30m x 25m

Split the team into two even teams with goalkeepers

#### EXERCISE:

1. Get the players to organise themselves into a formation and positions.
2. Play a match, Green vs Red with the following condition.
  - Players must take a minimum of two touches
  - **Individual Challenge**
    - Provide a bonus point to a team if a player successfully shields the ball from the opposition
3. Allow the players to play for 15 minutes, whilst you observe their decision making and execution.



### TECHNICAL POINTS – 1 v 1 Shielding

#### Technical

- Body between the defender and the ball
- Body position side on to the defender
- Arm extended and bent, use forearm to hold off the defender
- Keep two feet on the ground as much as possible
- Keep body upright
- Bend knees for stability
- Be creative on the ball to roll off / deceive the defender when shielding

#### Movement

- Move off the ball to support ball carrier. (Left, Middle, Right)

#### Positioning

- Ensure there is width & depth when in possession of the ball.
- Adopt goal scoring positions.

#### 1v1 Defending – The Four Ds

*Delay* – the speed of attack (jockey).

*Deny* - the attacker time, space and positioning close to goal.

*Direct* - the attacker away from goal.

*Defend* – dispossess (tackle) the defender.

**PART – SHIELD**

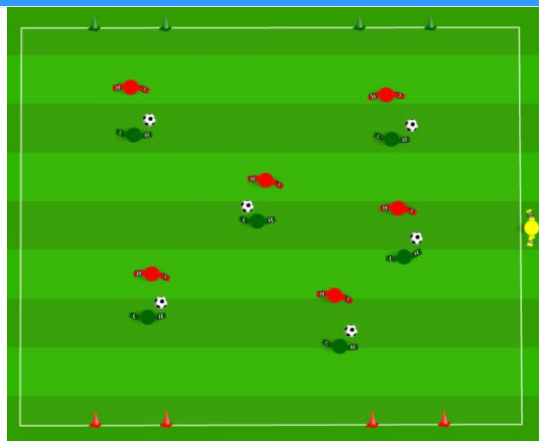
**PURPOSE – Break down the game to work on a core skill**  
**PRACTICE TIME – 15 mins**

**SET-UP:**

Within your defined 30m x 25m, set up FOUR x 3 metre gates on each side of the field – see diagram.  
Split the players into pairs with one ball between them.

**EXERCISE:**

1. Players stand 2 metres apart and pass to each other taking a maximum of three touch.
2. On the coach's whistle/call the player in possession attempts to keep and shield the ball from the other player for 5 seconds.
3. After the 5 seconds is up, it is a battle to see who can dribble and stop the ball on a sideline.
4. If a player dribbles out of the area, it is a turnover.
5. Play three rounds to see which player is the winner!



**PROGRESSIONS:**

6. Swap partners
7. Players must dribble the ball between one of the gates to win the round
8. Players must shield the ball for 7 seconds before dribbling through a gate.

**WHOLE – CONDITIONED MATCH**

**PURPOSE – Place the players back into a game!**  
**PRACTICE TIME - 25 mins**

**SET UP:**

Set up a playing area – 30m x 25m  
Split the team into two even teams with goalkeepers.

**EXERCISE:**

1. Back into playing a match – Green vs Red.
2. Implement the below conditions & challenges for the first 10 minutes.
3. Allow the players to play without restrictions & conditions – normal game.

**CONDITIONS:**

- Players must take a minimum of two touches

**Team Challenges:**

- Select one player on each team to be the 'Golden Child' without letting the other team know.
- If the 'Golden Child' scores it is worth 5 points.
- If the 'Golden Child' provides an assist to a teammate it is worth 3 points.
- Rotate 'Golden Child' every 2-3 minutes.

**SCENARIO:**

- In the last 5 minutes, *privately* tell one team that they must score 3 goals to win the game. Tell the other team they must not concede 3 goals to win the game.



**PLAYER LED DISCUSSION**

- At the half-way point of the match, allow the players to discuss their team tactics and strategies for 2 minutes before returning to play.

**COACH OBSERVATION:**

Do the players attempt to shield the ball?  
Are they confident when pressure is applied to them?

**END OF SESSION WRAP UP– Conduct a Q & A with your players to test their learning!**

What they enjoyed the most?

What they have learnt from the session?

Tell the team and individuals what they did well

**COACH REFLECTION**

Have the players been engaged for the whole session?

Did the players enjoy themselves?

What worked/did not work?

What would you do differently next time?