

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 25m x 20m 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 – 25m x 20m

- Make the field tighter to increase 1v1 – shielding

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

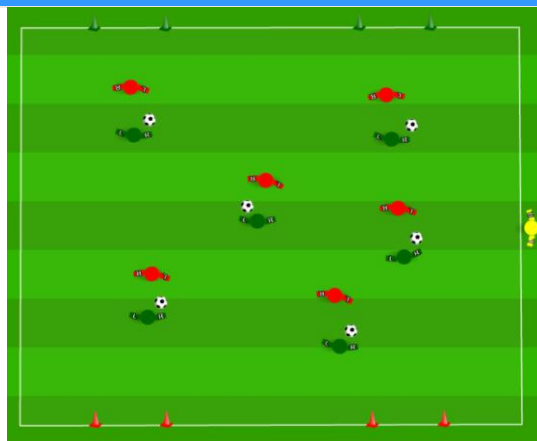
PURPOSE – Break down the game to work on a core skill
PRACTICE TIME – 15 mins

SET-UP:

Within your defined 25m x 20m, 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 8 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 – 25m x 20m
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?

Tell the team and individuals what they did well

What they have learnt from the session?

COACH REFLECTION

Have the players been engaged for the whole session?

What worked/did not work?

Did the players enjoy themselves?

What would you do differently next time?