



CYA (12-15) Week 5 Session #1 Shielding

Category: Academy: Counter/Reactive pressure
Difficulty: Moderate

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Individual-Young Member

Description

Warm up (15 mins)

Organization: 2 Grids, 15x15 or adjust to level/age/ # of players.

Instructions: Groups of 2, 1v1. To shield the ball in your grid. Do not let your opponent take the ball from you. If the opponent takes the ball, they need to go to the other grid and shield the ball there. The game will last 1 min and the player with the ball after the time ends, gets a point. After each round, switch players.

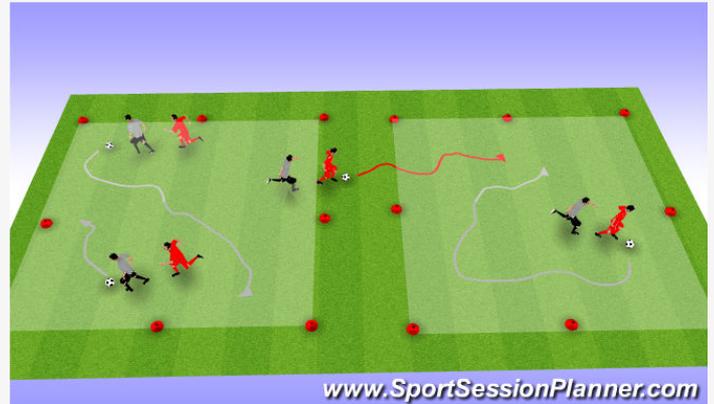
Coaching Points/Questions:

How and what part of the body do you use to shield the ball? - Using my body. My arms, back, and legs.

When can we shield the ball? - When I have no option to pass, when a defender is behind me and i cant turn at the moment.

Where can we shield the ball? In the box, by the corner flags, when I dont have a lot of space to dribble thru.

Why do we shield the ball? So the defender doesnt steal the ball.



Shielding 1v1 (20 mins)

Organization: 15x10, 1v1

Instructions: Attacking team (red) starts with the ball. Red player by the goal passes to team mate once he gets to the middle of the grid and he tries to score to the goal behind him. Blue defender runs out to defend once red player reaches to the middle.

If defender wins ball, he can look to score at opposite goal.

Coaching Points/Questions:

1. Do you know where the defender is?

(a) No. What can you do to know where defender is? Look for them (head up)

(b) Yes. What next? Turn and score.

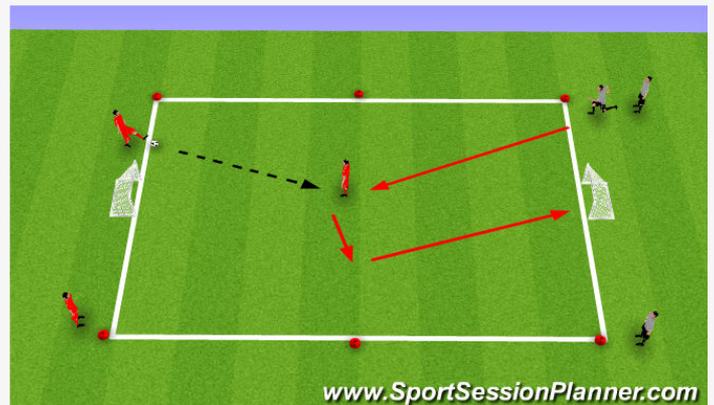
What if you can't turn and score? What can you do? Deceive defender. How? Fake. When? Before or when receiving the ball.

2. What if the defender is too fast and is behind you or you took a bad touch, what else can you do? Shield the ball. How? Shield ball by using body, use arm to feel for defender.

3. While shielding, what next? Look to score by looking for space to dribble to or to score.

Regressions: Wait for player to receive the ball, then defender can go out and pressure.

Progressions: As player runs out to the middle, ball can be passed and pressure can start as soon as the player runs out.



Shielding 2v1 (20 mins)

Organization: 15x10, 2v1

Instructions: Attacking team (red) starts with the ball. Red player by the goal passes to team mate once he gets to the middle of the grid and he tries to score to the goal behind him. 1 Blue defender runs out to defend once red player reaches to the middle. The red player that passed the ball gets involved in the play after the run around the cone.

If defenders wins ball, he can look to score at opposite goal.

Coaching Points/Questions:

1. Do you know where the defender is?

(a) No. What can you do to know where defender is? Look for them (head up)

(b) Yes. What next? Turn and score.

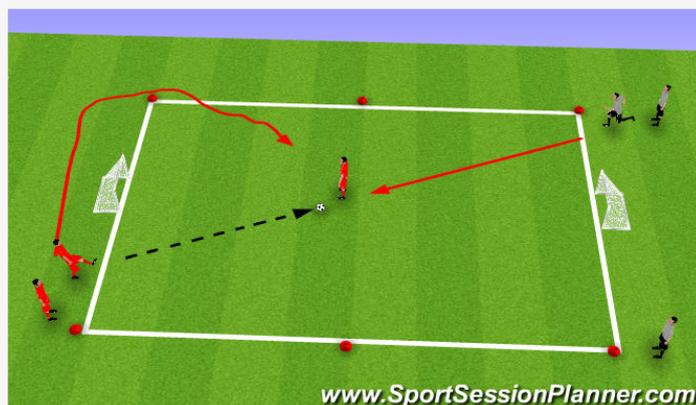
What if you can't turn and score? What can you do? Deceive defender. How? Fake. When? Before or when receiving the ball.

2. What if the defender is too fast and is behind you or you took a bad touch, what else can you do? Shield the ball. How? Shield ball by using body, use arm to feel for defender.

3. While shielding, what next? Look to score by looking for space to dribble to or to score.

Regressions: Wait for player to receive the ball, then defender can go out and pressure.

Progressions: As player runs out to the middle, ball can be passed and pressure can start as soon as the player runs out.



Shielding 1v2 (20 mins)

Organization: 15x10, 1v2

Instructions: Attacking team (red) starts with the ball. Red player by the goal passes to team mate, once he gets to the middle of the grid and he tries to score to the goal behind him. 2 Blue defender runs out to defend once red player reaches to the middle.

If defenders wins ball, he can look to score at opposite goal.

Coaching Points/Questions:

1. Do you know where the defender is?

(a) No. What can you do to know where defender is? Look for them (head up)

(b) Yes. What next? Turn and score.

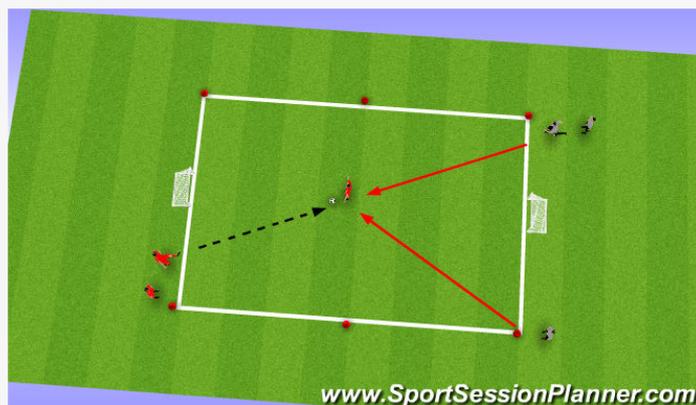
What if you can't turn and score? What can you do? Deceive defender. How? Fake. When? Before or when receiving the ball.

2. What if the defender is too fast and is behind you or you took a bad touch, what else can you do? Shield the ball. How? Shield ball by using body, use arm to feel for defender.

3. While shielding, what next? Look to score by looking for space to dribble to or to score.

Regressions: Wait for player to receive the ball, then defender can go out and pressure.

Progressions: As player runs out to the middle, ball can be passed and pressure can start as soon as the player runs out.



Shielding 2v2 (20 mins)

Organization: 15x10, 2v2

Instructions: Attacking team (red) starts with the ball. Red player by the goal passes to team mate once he gets to the middle of the grid and he tries to score to the goal behind him. 2 Blue defender runs out to defend once red player reaches to the middle. The red player that passed the ball gets involved in the play.

If defenders wins ball, he can look to score at opposite goal.

Coaching Points/Questions:

1. Do you know where the defender is?

(a) No. What can you do to know where defender is? Look for them (head up)

(b) Yes. What next? Turn and score.

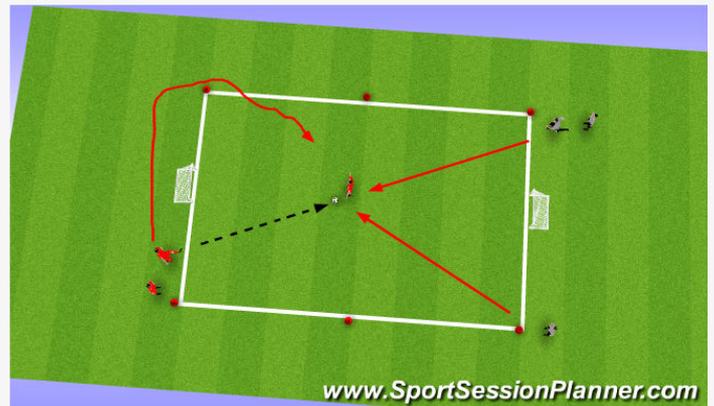
What if you can't turn and score? What can you do? Deceive defender. How? Fake. When? Before or when receiving the ball.

2. What if the defender is too fast and is behind you or you took a bad touch, what else can you do? Shield the ball. How? Shield ball by using body, use arm to feel for defender.

3. While shielding, what next? Look to score by looking for space to dribble to or to score.

Regressions: Wait for player to receive the ball, then defender can go out and pressure.

Progressions: As player runs out to the middle, ball can be passed and pressure can start as soon as the player runs out.



Conditioned Game (25 mins)

Organization: As shown. 3v3. 4 teams of 3.

Instructions: Use what was learned in the main activity. Attackers look to score at the big net and defender can score by stealing ball and attacking to counter goals. If defenders score on counter goals, they become attackers when its their turn and attackers become defender when its their turn.

Coaching Points/Questions:

1. Do you know where the defender is?

(a) No. What can you do to know where defender is? Look for them (head up)

(b) Yes. What next? Turn and score.

What if you can't turn and score? What can you do? Deceive defender. How? Fake. When? Before or when receiving the ball.

2. What if the defender is too fast and is behind you or you took a bad touch, what else can you do? Shield the ball. How? Shield ball by using body, use arm to feel for defender.

3. While shielding, what next? Look to score by looking for space to dribble to or to score.

Regressions: Add another attacker.

Progressions: Add touch limitations.



Conditioned Game - Progressive (25 mins)

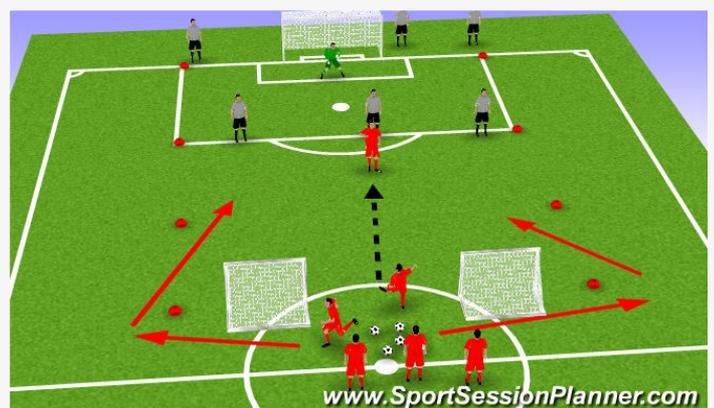
Organization: As shown. 3v3. 4 teams of 3.

Instructions: Use what was learned in the main activity. Attackers look to score at the big net and defender can score by stealing ball and attacking to counter goals. If defenders score on counter goals, they become attackers when its their turn and attackers become defender when its their turn. A player from red will pass to their target. The target can hold onto the ball or turn and score alone. The red player that passed it and 1 more red player will go around the cones and onto the field to support the attack.

Coaching Points/Questions:

1. Do you know where the defender is?

(a) No. What can you do to know where defender is? Look for



them (head up)

(b) Yes. What next? Turn and score.

What if you can't turn and score? What can you do? Deceive defender. How? Fake. When? Before or when receiving the ball.

2. What if the defender is too fast and is behind you or you took a bad touch, what else can you do? Shield the ball. How? Shield ball by using body, use arm to feel for defender.

3. While shielding, what next? Look to score by looking for space to dribble to or to score.

Regressions: Add another attacker.

Progressions: Add touch limitations.