

MAIN ACTIVITY #2

SHEILDING

Protecting the ball/cone by keeping you body between the ball/cone and you opponent.

Coaches demonstrate to players first.

Pushing to Cone 1v1

1. Partners with cone. One defends cone by shoulder charging and shielding to hold opponent from cone, the other tries to push in close enough to the cone to touch it with a foot tap. Attacking player can switch shoulder and change directions often, forcing player defending cone to turn quickly and charge with other shoulder. One point per tap. Change roles after 30-45 seconds. Players keep score. Ask who won.

Pushing to Ball 1v1

2. Partners with ball. Defending player holds ball (with his/her foot) in a near-stationary position and defends by pushing with shoulder and shielding as attacking player tries to touch ball. One point per tap. Change roles after 30-45 seconds. Players keep score. Ask who won.

Shielding Moving Ball 1v1

3. Same as 2, except defending player can move with ball. Ask players with ball not to run away, but to stay in a 5 yard grid and use shielding and turning moves to maintain possession and to protect the ball. Change roles after 60 seconds, players keep score, ask who won.

SMALL-SIDED GAME # 1

24. Protecting the ball or fighting for possession

Actions

Arrange your players as in the illustration.

The defending ^{players} must see how many balls they can knock off the cones in a set time.

The player protecting the ball must try to hold off the defenders.

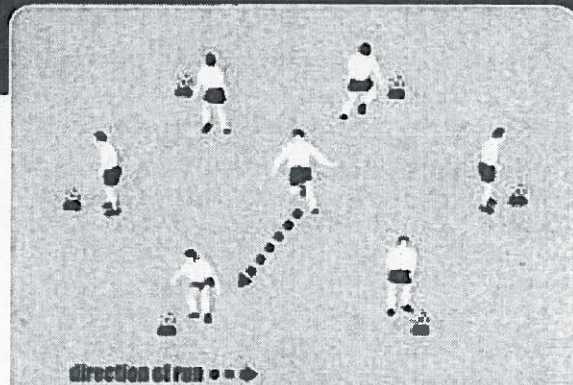
Progression

You can turn this practice into a continuous exercise.

If the defender wins possession they take the place of the player protecting the ball.

The player who lost possession must now race to try and win a different ball.

This practice enables all players to work at the same time on winning and protecting/shielding the ball.



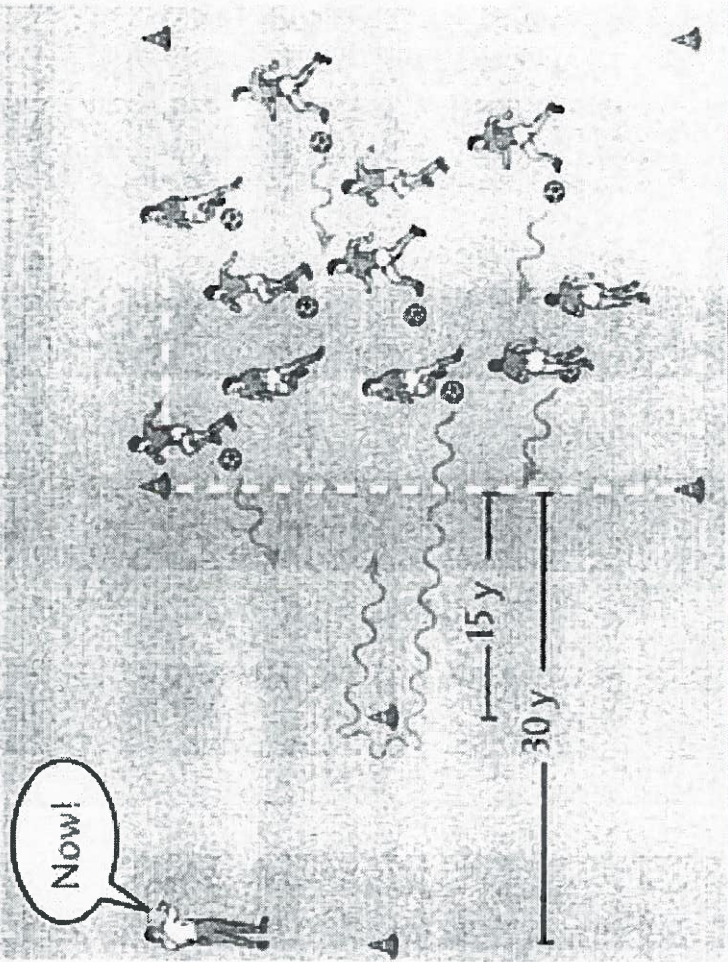
What to shout:

- "Be strong"
- "Use your body"
- "Be alert and on your toes"

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SMALL-SIDED GAME # 2

Dribblers and runners



Setup

- Mark out a 15 x 15-yard field. Mark a line outside the field using two cones placed 15 and 30 yards away.
- All players take the field. About two-thirds of them have soccer balls; the rest are "runners."

Sequence

- Runners try to steal balls from dribblers.
- At the coach's signal, all the dribblers dribble around the near cone while the runners run around the far cone.
- As soon as the first dribbler is back on the field, the next round begins, giving runners a new chance to win balls. Hold multiple rounds.

Note

Runners should keep dribblers under constant pressure. This makes for an exciting and intense game of running and technique.