

Session Plan

Session plan no. 2
Date: 19th March 2000
Name of group of players: U14 Girls, Coach Darden
Time available for session: 1 Hour
Title of topic: Shielding

Topic objectives i.e. key factors

1. Correct body position to receive the ball
2. Body position to shield the ball
3. Communication
4. Supporting your team-mates
5. Choosing best passing option

17.00-17.10 Warm up with skills It's a knockout (*variation*)

Organization All players dribble inside a 15 by 15 area. The coach then sends in a raider to see how many balls they can kick out in 45 seconds. When a player's ball is kicked out they must retrieve the ball and do a turn or a skill before returning to the game. For the last game everyone becomes a raider whilst trying to keep his or her own ball in play. Last player left in the ring with his or her own ball wins.

17.10-17.30 Shielding

Organization All players are divided into pairs and numbered 1 and 2 with one ball between the pair. Inside a 15 by 15 area No. 1 dribbles the ball with No. 2 shadowing them, but not tackling them to start with. Once each player has had two turns dribbling, let the shadow try to kick the ball out of the area. Players are encouraged to keep the ball under close control and to use the correct body position to shield the ball.

1. Lots of small touches with all parts of the foot.
2. Head up.
3. Shield the ball with the outside of foot furthest away from the defender.
4. Sideways shielding position.
5. Use weight of defender to roll off the other side.

17.30-17.45 Shielding lv1

Organization All players are put into pairs and each pair has their own 10 by 10 area. X1 has to shield the ball from X2 for 15 seconds. It is X2's job to challenge X1 and try and kick the ball out of the area. The players switch after each go. As the shielding players become more confident, increase the amount of time they have to shield the ball.

1. On their toes and alert.
2. Head up.
3. Communication.
4. Always keep the ball in view.
- Correct shielding technique.

17.45-18.00 Small sided games

With no goalkeepers and small goals. To promote shielding if a team keeps the ball for 30 seconds they get two points on their score. Adjust time (increase or decrease) as necessary.