

## Shielding Practices Rec U-10

**Coaching Points** – The Ball Is Mine, Mine, Mine, Mine (Think of the seagulls in Finding Nemo)

- a) Use your body to shield arms up palms back
- b) Do not be afraid of body contact (obviously set some limits to avoid injury)
- c) Get to the ball first and keep it (mine, mine, mine) Players should be aware that stepping in front of the opposition to get in the way of them is very important that way the opposition has to go through the player to get to the ball.

**Prepractice** - Triangle passing (coaching points - keep ball under control / non kicking foot pointing in direction of pass and sweep at the middle of the ball) add a cone in the middle of the triangle and tell the kids not to hit it.

Progression:

- a) pass free form (any foot either inside or outside )
- b) one touch across the body to the strong foot (right foot for all but lefties)
- c) one touch across the body weak foot
- d) one touch right

**Dynamic Stretches (jog, shuffle R/L, grapevines, frankenstiens,, etc)**

**Warm Up** - Ball Touches

- a) 20 - Toe Taps
- b) 20 - Pendulums (tic tocs)
- c) 20 Mexican hat dance
- d) 20 pull packs (right foot - make sure they rotate with the right shoulder first)
- e) 20 pull backs (left foot - make sure they rotate with the left shoulder first)

**Activity** – Shielding 1 v 1 (if you have an extra kid rotate them in and out)

Demonstration – Have one coach demonstrate shielding the ball from the other coach arms out and try to keep your back to the attacker. Demo again before c) see bold type in c)

Progression –

- a) Have the attacker shield the defender from the ball neither player can touch the ball
- b) Allow the attacking player to touch the ball.
- c) Form 2 lines (attackers and defenders) and roll ball out, so that the attacker will get to the ball first and can shield the defender. ***It is very important that the players run to get in front of the defender to place the shield rather than running directly to the ball and then trying to shield. Think using your body to maintain position.***
- d) Add a 3<sup>rd</sup> line with support players, this line will come out right after the offender and defense force the offender not to touch the ball just shield until the support player gets into position to receive a pass then they pass away from the defender

(note: you can add a goal keeper in c and d and allow the offender to shoot, in d) the support player can shoot after the pass)

**Match Related Activity** - 50/50 bang or pressure cooker (2v 1 with a goalkeeper )–

**Demonstrate the activity** –

This activity is the same as d) above except the ball can only be moved by passing no dribbling. Essentially you set up a small field with a goal and keeper at one end, also a shooting area 2 M from the goal. The ball is rolled to the 2 offensive players, the players stop the ball with the side of the foot and shield the defender, while shielding the defender they can only pass to their teammate, which stops the ball and shields the defense, etc until they get to the shooting area and then they can take a shot

(Note you do not have to limit this to 2 v1 you can include the whole team and play a full game with 2 goals but you have to add the requirement that only one defender can attack the offensive player with the ball (it should be the one closest to the ball when it is stopped by the offensive player). A good way to introduce 1<sup>st</sup> defender). If ball is stolen they are now offense.

**Scrimmage** – At this point the kids are going to want to play all out so only restrict the kickball aspect of this age group i.e. Enforce the 3 dribble rule before a pass and shot. However you can modify the scoring to include a point for a successful shield and maybe goals count as 3 or 5.