



Shielding

Category: Tactical: Possession
Difficulty: Moderate

Matt Schiffer, Belchertown, United States of America
Individual-Adult Member

Description

1v1 Shielding Techniques. A high percentage of 1v1 game situations start with the attacking player's back to the defender.

Warmup

1v1 Shielding

Simple shielding exercise.

Organization:

- Groups of 2
- 1 ball per group

How to Play:

- Attacking Player starts with ball, back to defender
- Play rounds of 20-30 seconds
- On coach's signal, attacking player begins shielding the ball
- Player that has ball at end of round is winner. Switch attacking player each round.

Coaching Points:

- One foot next to ball, other foot behind at an angle
- Always face the ball
- Arms out, Create barrier between defender & ball



Progression

Shielding Grid

Game starts with passive defender, progressing to full pressure.

Organization:

- Set up a small grid
- 6 players. Need multiple balls.

How to Play:

- Game starts with 2 players inside the grid. Start with passive defender to allow the attacking player to be successful in shielding skill.
- Progression: full defensive pressure
- "Keep Away" Shielding game, 30-45 second rounds. Outside players have extra balls to keep the game moving. Player with ball at end of round is the winner.

Coaching Points:

- High Work Rate
- Focus on shielding techniques to keep possession



Final Game

1v1 to Goal

A high percentage of 1v1 situations near goal start with attacking player's back to the defender. To improve attacking skills, you must improve your shielding and turning skills.

Organization:

- Separate group into 2 teams
- Defending team start near goal, Attacking team start outside penalty box.

How to Play:

- Coach serves balls
- Attacking player starts with back to defender. Must attempt to turn and beat defender to goal.

Coaching Notes:

Objective is to apply what you have learned during our shielding session. We are adding in turning and attacking the goal.

