



PEI SOCCER - SHIELDING

Category: Technical: Dribbling and RWB
Difficulty: Moderate

Reseller-Club: Premier Users' Club
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Warm up

Technical Triangles

10 mins

EQUIPMENT:

24 cones

SET UP:

Create 8 triangles using cones.

INSTRUCTIONS:

All players have a ball and dribble into the middle of any triangle

From the middle of triangle they change direction and come out of different side of the triangle and then dribble to another triangle that is free.

Progression - Players dribble into any triangle and perform a move and dribble out at speed.

1. Turn out using the sole or outside of the foot
2. Step overs
3. toe taps



SSG (15 mins)

SMALL SIDED GAME (5v5)

EQUIPMENT:

24 cones

10 pinnies (2 sets of colours)

SET UP:

40x30 yards rectangle

Two end zones the width of the field and 5 yards in from end line

INSTRUCTIONS:

(Normal game rules apply)

Teams score by dribbling the ball into their end zone.

Attacking player must have control of the ball at their feet inside the end zone to score a point.

Defending players are not allowed into their own end zone.

COACHING POINTS

Encourage players to take on defenders when they are in 1v1 situations

Move play into wide areas to create more 1v1 situations

Can you pass to a team mate who has more space to dribble forward towards their end zone



Activity 1 (10 mins)

EQUIPMENT:

24 Cones

Pinnies (4 red / green / 4 blue)

SET UP:

Create two 12x15 yard grids.

5v2 in each grid.

Each team in possession has one ball.

INSTRUCTIONS

Players in possession **MUST** take a minimum of 3 touches before they can pass to team mate.

Defenders try to gain possession or pressure the player on the ball into a poor pass or out of bounds.

COACHING POINTS:

Look for space to dribble into

Players should be alert and aware to receive pass and take a good touch out of their feet.

Change dribbling speed to keep control of the ball.

When shielding the ball, get lower to ground and arms out to protect and create better balance.

Keep the ball on foot that's furthest away from defender when shielding.

Change direction when defender is close and they try to win the ball from you.



Activity 2 (20 mins)

EQUIPMENT:

12 Cones

Pinnies (

SET UP:

12X12 Square.

4 target players - one on each side of the square.

2 gates in opposite corners of the square.

One defender (blue) and one attacker (red) in middle of the square.

INSTRUCTIONS:

Coach or one of the targets serves a ball into the red attacker.

Red attacker scores by dribbling the ball through one of the corner gates.

Red attacker can pass to a target on the outside of the square.

The blue defender receives 1 point everytime the red attacker passes to a target.

Blue defender receives 2 points if they win the ball and dribble through one of the gates.

Once 90 seconds is up two target players swap with the defender and the attacker.

When it comes back round to the two players who started in the middle they switch roles and see if they can beat partners original score.

COACHING POINTS:

Look for space to dribble into.

Be aware of where the defender is pressuring from.

Change your speed (accelerate or slow down).

When shielding the ball get lower to the ground with your arms out to protect and gain better balance.

Keep the ball on the foot thats furthest away from defender when shielding it.

Change direction when the defender gets closer and tries to win ball.

