



PEI SOCCER - SHOT BLOCKING

Category: Technical: Defensive skills
Difficulty: Moderate

Reseller-Club: Premier Users' Club
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Warm up

Dynamic warm up

10 mins

EQUIPMENT:

12 cones

SET UP:

Set out four cones in a straight line 10 yards apart

1. Jog to the fourth cone and back - repeat twice
2. Side shuffle to fourth cone and jog back to the line - repeat twice
3. Open gate to second cone - close gate to fourth cone - repeat once
4. Sprint to fourth cone and jog back to line- repeat once



SS game

EQUIPMENT:

18 Cones

10 Pinnies (5 blue & 5 red))

INSTRUCTIONS:

5 V 5 (4 goal game)

Normal game rules apply

Red scores by dribbling through one of the "R" gates

Blue scores by dribbling through one of the "B" gates

COACHING POINTS:

Team shape - Defending team should get closer together and more compact.

Defending team should all move together in relation to the ball, opposition and their own goals.

Quickly pressure the player in possession and get in front of them to stop them shooting.



Blocking

EQUIPMENT

Pinnies (5 red & 5 blue)

10 Cones

1 net/goal

SET UP:

15x25 grid

One line set up on the side of grid who are defending (red).

One line set up on the opposite end of grid from the net who are attacking (blue).

One line passing to attacker (blue).

Coach on side of grid serving balls to attackers.

INSTRUCTIONS:

Coach serves a pass to the blue attacker running to meet the ball.

Red defender starts their run as ball travels.

Blue attacker shoots at the goal.

Red defender is trying to prevent/block shot

Red defender wins possession they pass to player in line where initial pass was made to start activity.

ROTATION:

Attacker moves to passing line

Passing moves to defending line

Defender moves to attacking line

COACHING POINTS:



Defender has to increase speed to close down attacker on the ball.

Defender to try and force attacker away from goal.

Body position - square up to attacker, anticipate shot and get their foot in front of the ball.