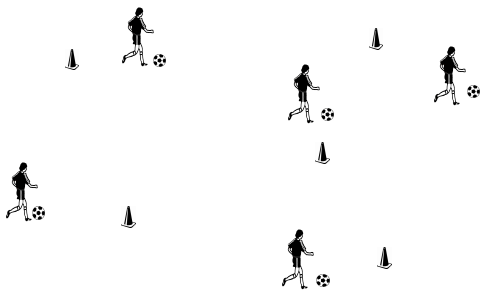
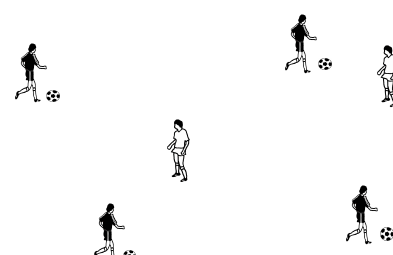
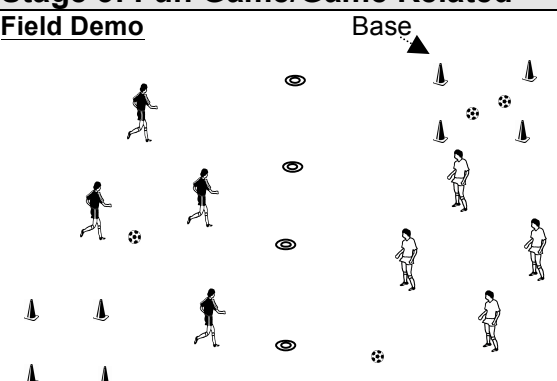




Club:	Weyburn Soccer Association
Session:	5
Team:	U10
Session Topic:	Shielding: Protecting the ball

Stage of Session	Information	Time
Warm Up		5 Minutes
Stage 1: Unopposed		7 Minutes
Field Demo	 <p>Implementation – Explain importance of shielding the ball – to stop the opposition getting the ball. Demonstrate how to shield (see coaching points). Each player has a ball and is allowed to dribble around the grid. On a command, ie Shark Attack they must dribble to a cone - When they approach a cone, they must stop the ball and get into the shield position.</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Players should keep the ball close to them at all times • Foot on the ball to stop • Must have body side on to the ball (ask me if need demo) • Knees bent with a low centre of gravity • Arm up to help balance and provide protection 	
Stage 2: Opposed		7 Minutes
Field Demo	 <p>Implementation – Each player has a ball except a designated number of 'Sharks' (defenders). Players have to dribble with the ball and avoid the sharks. If approached, they must stop the ball with their feet and get into the shielding position. The shark can try to then get the ball for 3 seconds before moving on to another player. Keep switching sharks.</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Players should keep the ball close to them and be ready to go into the shielding position. • Players try and get their heads up to look for the sharks • Players move their body to keep themselves between the ball and the shark. Do not just dribble away. 	
Stage 3: Fun Game/Game Related		10 Minutes
Field Demo	 <p>Implementation – Players split into 2 teams. 3 balls on each side. Each team has to try and steal their opponent's ball and take it back to their corner base. When trying to steal a ball, if a defending player can shield/keep the ball away for 4 seconds, the opposing player must go back over to their own side.</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Move the ball into space • Strong shielding stance to protect the ball • Keep the ball close when dribbling • Keep head up at all times 	
Game Time		