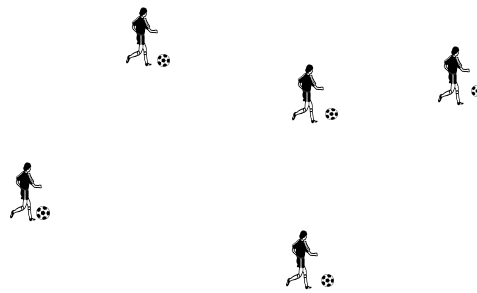
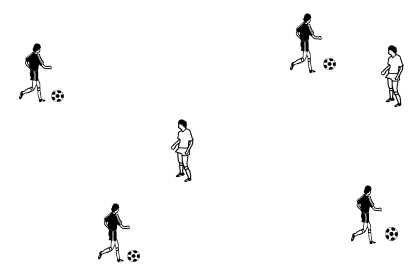
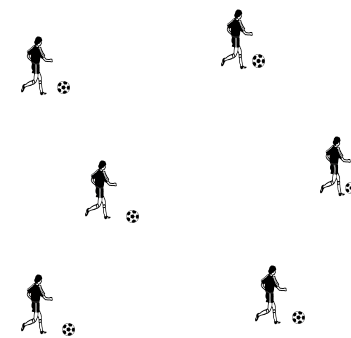




Club:	Weyburn Soccer Association
Session:	9
Team:	U10
Session Topic:	Shielding: Protecting the ball

Stage of Session	Information	Time
Warm Up		5 Minutes
Stage 1: Unopposed		7 Minutes
Field Demo	 <p>Implementation – Again explain the importance of shielding and tell players you want to see them demonstrate this in their games. Each player has a ball and dribbles around the grid. When the coach shouts 'SHIELD', players must get into the shielding position. Coaches can change this to a certain buzz word such as 'ALIEN ATTACK'. When players are dribbling, you can ask them also to perform 'toe taps', 'fakes', 'turn' when dribbling (I can show you examples). Make them go as fast as they can dribbling for 30 seconds etc.</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 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 – There are now a few 'Aliens' (defenders) without soccer balls who are working against the 'Captain Americas'. Captain Americas have to dribble the ball and get into a shielding position when aliens attack. The Aliens can try and get the ball for 5 seconds before moving on to another player. Keep switching 'Aliens'. Ensure you give a demo.</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 – 'Captain America' – Every player has a ball and must dribble around the grid. When the coach says 'attack', players will attempt to dribble around with their ball, whilst trying to kick each other's soccer ball out of the grid. They continue attacking until all players are eliminated. For the first minute, players may re-enter the game, after that it is knock out time, they are eliminated if their ball is kicked out. Last person remaining is crowned 'Captain America'. Play several times. Can make players do 10 'toe taps' before re-entering the grid the first time etc. Ask for demo of toe taps.</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Moving with the ball into space • Look around to keep an eye out for other players • Keep ball away by dribbling into space and using the shielding technique • Keep ball close when dribbling 	
Game Time		