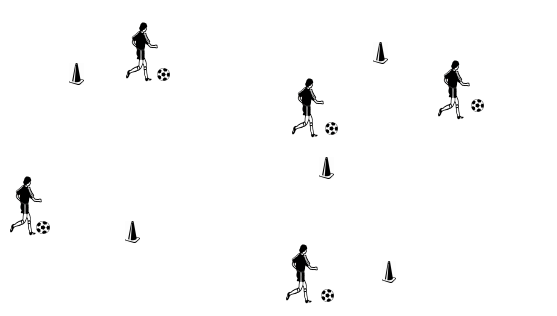
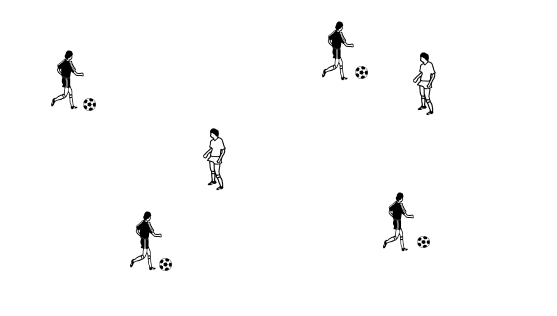
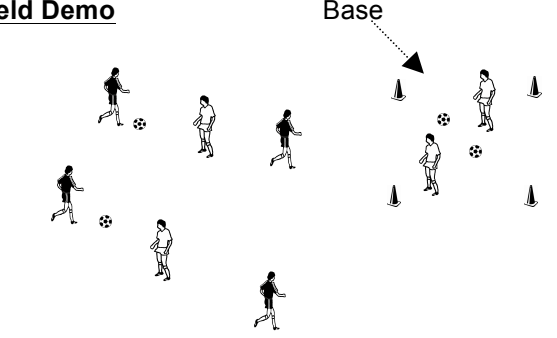




Club:	Weyburn Soccer Association
Session:	4
Team:	U8
Session Topic:	Shielding: Protecting the ball

Stage of Session	Information	Time
Warm Up		5 Minutes
Stage 1: Unopposed		7 Minutes
Field Demo	 <p><b>Implementation</b> – Start by sitting group down and explaining 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. When they approach a cone, they must stop the ball and get into the shield position.</p> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Players should keep the ball close to them at all times</li> <li>• Foot on the ball to stop</li> <li>• Must have body side on to the ball (ask if need demo)</li> <li>• Knees bent with a low centre of gravity</li> <li>• Arm up to help balance and provide protection</li> </ul>	
Stage 2: Opposed		7 Minutes
Field Demo	 <p><b>Implementation</b> – 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><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Players should keep the ball close to them and be ready to go into the shielding position.</li> <li>• Players try and get their heads up to look for the sharks</li> <li>• Players move their body to keep themselves between the ball and the shark. Do not just dribble away.</li> </ul>	
Stage 3: Fun Game/Game Related		10 Minutes
Field Demo	 <p><b>Implementation</b> – Players are put into 2 teams, 1 team are called Batman, 1 team are The Joker. Batman's dribble around trying to protect their ball from The Jokers (no ball) and must shield to stop Jokers getting the ball. The Joker has 3 seconds to try and get the ball before having to go back to base to re-energise. If they win the ball they can take it back to their base. Team with most balls wins. Switch roles after so long.</p> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Keep lots of balls going in if they lose it</li> <li>• Players are moving with the ball into space</li> <li>• Keep the ball close when dribbling</li> <li>• Have head up as much as possible</li> </ul>	
Game Time		