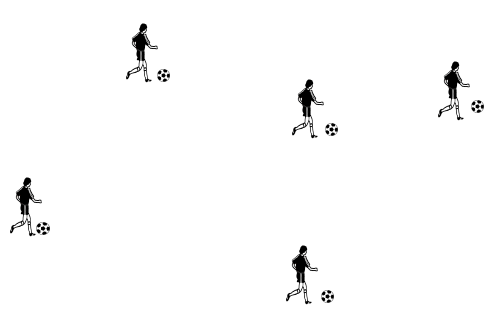
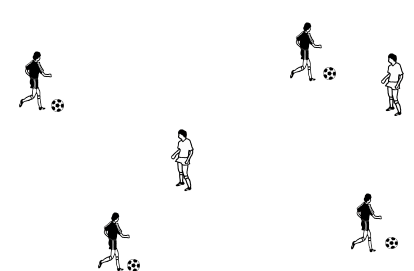
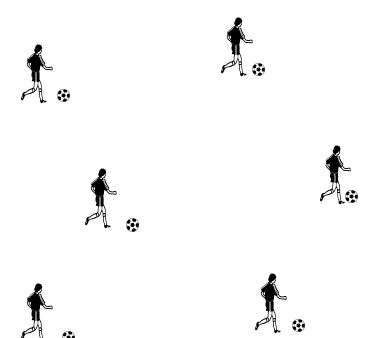




Club:	Weyburn Soccer Association
Session:	8
Team:	U8
Session Topic:	Shielding: Protecting the ball

Stage of Session	Information	Time
Warm Up		5 Minutes
Stage 1: Unopposed		7 Minutes
Field Demo	 <p>Implementation – Each player gets to be ‘Captain America’ with a ball for a shield. They move around the grid with the shield at their feet. The coach calls out instructions for players to get into the shielding position (as done in session 4, I can also show). Coach can change the call to a certain buzz word for the children like ‘Alien Attack’.</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 a ball 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 4 seconds before moving on to another player. 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 – ‘King 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 ‘King 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		