

Soccer Session for Shielding the Ball



Soccer Graphics

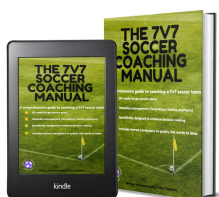


I created these graphics using the Tactics Manager from SoccerTutor. It is a fantastic resource to create, share and organize your soccer sessions and team tactics

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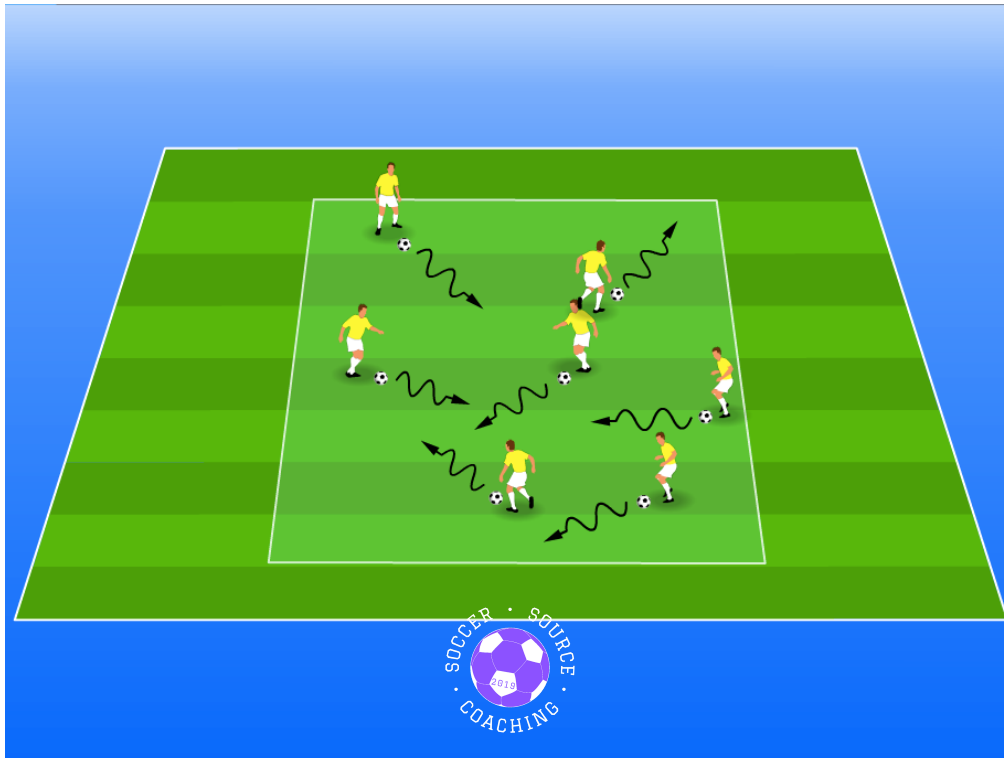
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The 7v7 Soccer Coaching Manual



This is every coach's guide to developing a 7v7 soccer team. It includes 20 structured session plans with diagrams, coaching points, and progressions. Game day tactics and management are also included

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Shielding the ball warm-up royal rumble soccer game

Time: 15 minutes

Set up:

1 soccer ball per player
20 x 20-yard area

Instructions:

Create your area and make sure every player has a soccer ball.

The aim of this game is for players to maintain control of their soccer balls while trying to kick other players' soccer balls outside of the area.

once a player's soccer ball gets knocked out of the area they will only be able to come back in as a defender (without a soccer ball).

The defenders are allowed to steal the ball from players.

This will mean that even if a player gets their soccer ball kicked out right at the start of the game they will still have a chance to win the game.

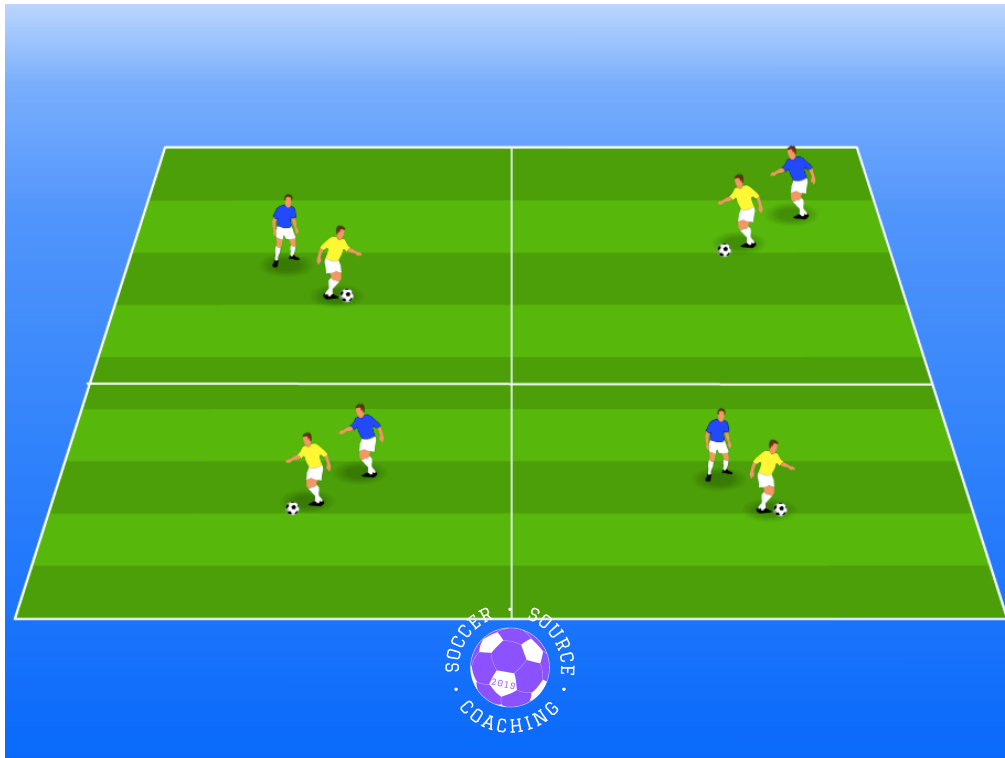
The player that is the last one left in the area with a soccer ball at the end will be the winner.

Coaching points:

Use your body to protect and shield the ball
Keep your head up so you can see what is going on around you
Take small quick touches to keep the ball close to you

Questions that can lead to coaching points:

How can you protect the ball?
What can you do so you know what is going on around you?
Why do you want to take small touches?



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Shielding the ball Technical activity

Time: 20 minutes

Set up:

10 x 10-yard areas per pair
1 soccer ball per pair

Instructions:

With this area, you can create easily by dividing your 20 x 20-yard area into quarters.

Place a pair in each of the areas with a soccer ball, with one player becoming the defender and the attacker.

The attacker will start with the soccer ball, shielding it from the defender.

The aim of the defender is to try and force the ball outside of the square, if they do this they will win the round and get 1 point.

however, if the attacker is able to hold onto the ball for 15 seconds the attacker will win the round (the defender is the player that counts).

The player that has the most points will be the winner.

To make this more competitive you can introduce a ladder system, so players that win the round will move up a square, and players that lose the round will move down a square.

Coaching points:

Shield the ball in a side-on-body position

Bent your knees and bear your weight on your back foot

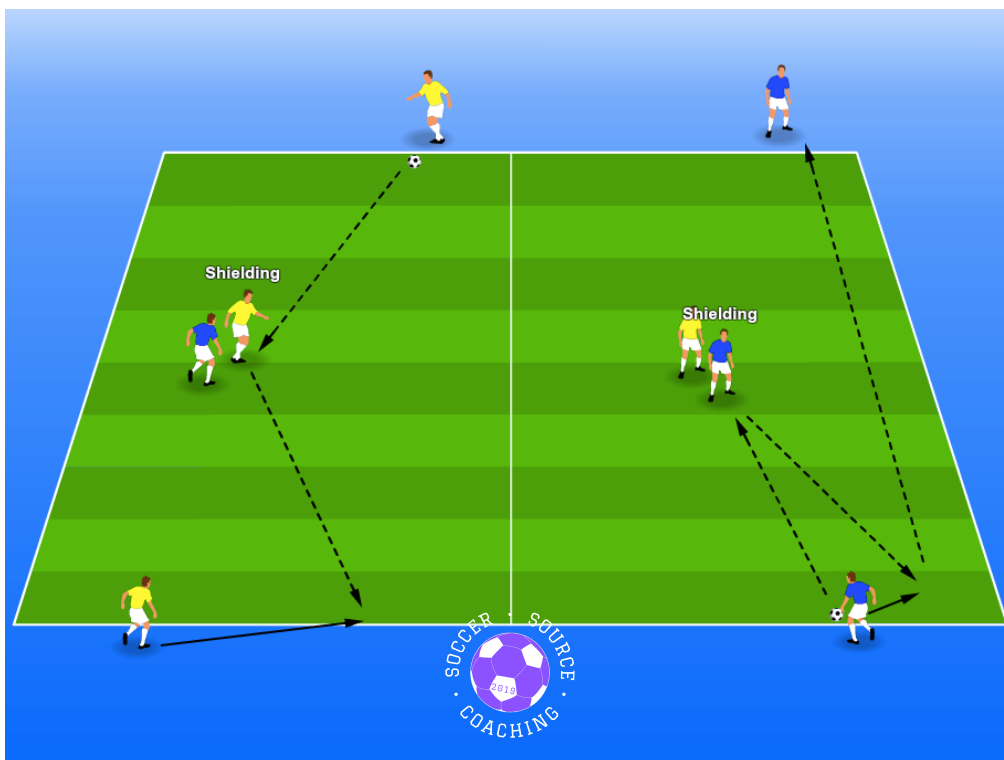
Control the soccer ball with your front foot (this will be the foot furthest away from the defender)

Questions that can lead to coaching points:

What position should your body be in when shielding the ball?

How can you brace yourself so you are stronger on the ball?

What foot should you be controlling the ball with? Why?



[Click here for the video](#)
Shielding the ball progression

Time: 20 minutes

Set up:

10 x 20-yard area per group of 4 players

1 Soccer ball per group

2 goals

Instructions:

You can set this area up by dividing the 20 x 20-yard area in half, with 2 goals being placed opposite each other in the middle of the 20-yard line.

For this soccer drill, there will be 4 players.

There will be 2 players on each 10-yard line opposite each other and these will be the target players.

The other 2 players will start in the middle one player will become an attacker and the other a defender.

The aim of the attacker is to receive the ball under pressure from the defender and playback to the target player.

The target player will then switch the ball to the target player on the other side.

This will count as 1 point.

If the defender is able to steal the ball at any point, either through the pass being played by the attacker or the pass switching it to the opposite target player, they can score either of the 2 goals for a point.

The player that has the most points will be the winner.

Make sure there are 4 rotations each lasting 5 minutes so everyone is able to be the defender and the attacker, as well as the target players.

Coaching points:

Receive the pass the using and side on body position

Control the pass using your front foot

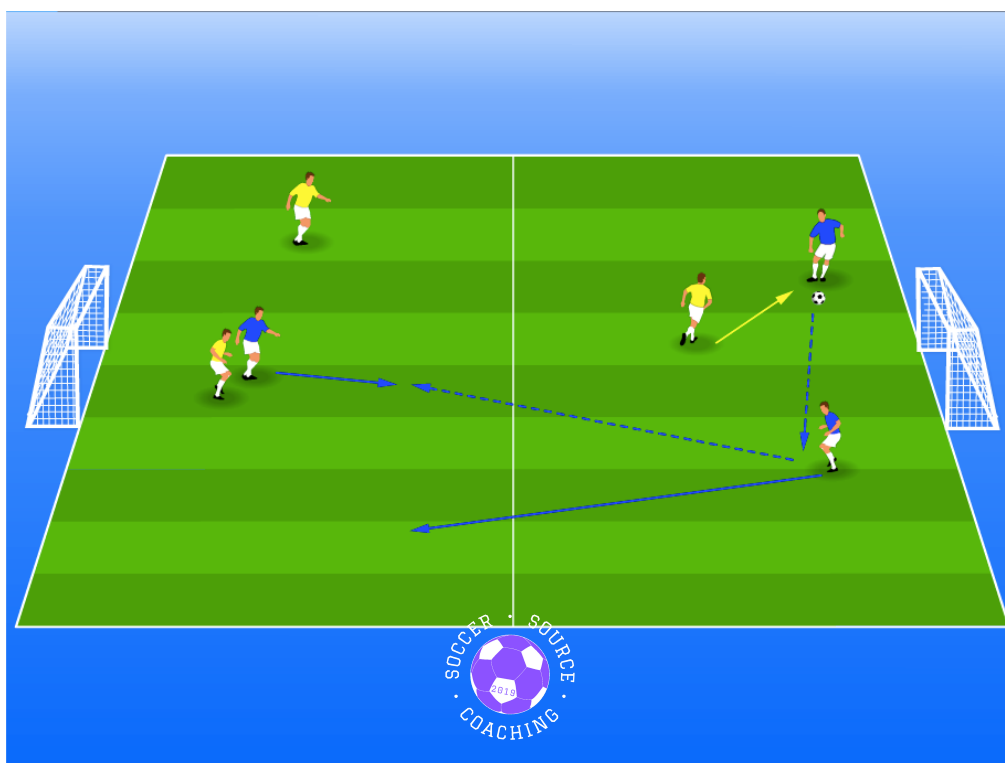
Extend your arm behind you and make contact with the defender (this will help you know where the defending moving without having to look behind).

Questions that can lead to coaching points:

What body position should you be in to receive the ball?

Which foot should you use to control the ball?

How do you know what the defender is if you cannot turn round?



[Click here for the video](#)

3v3 small-sided shielding the ball soccer game

Time: 20 minutes

Set up:

25 x 40 yard area

1 soccer ball

2 goals

2 teams of 3

Instructions:

Set up the field like a regular game of soccer however divide the area in half.

For each team, there will 2 defenders and 1 attacker in each half.

For a defender to move across the halfway line into the attacking half they must pass the ball up to the striker.

The defender can then move into the attacking half to support the striker.

Coaching points:

Play the ball into the striker as early as possible

Communicate your movement with the attacker so they know where to play the next pass

As the attacker makes the ball stick, hold the defender off long enough to give you teammate a chance to support you

Questions that can lead to coaching points:

When should you play the ball into the striker?

How does the striker know what space you are planning on moving to?

As the striker why is it important to shield the and hold the ball up?