Organization: **Somerville** Week:

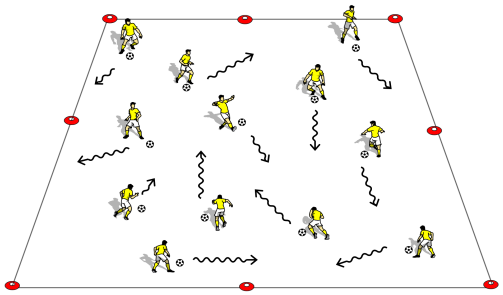
Age Group: **U8s** **60** Minutes

Category: **Recreation**

Topic: Shielding & Turning

Objective: Bring an understanding on how to protect the ball while under an opponents pressure.

Session Part: Warm-up

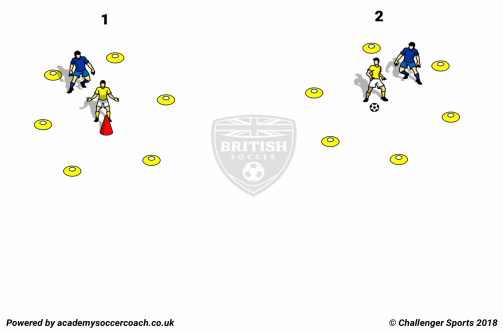


Organization	Time: 15
Area:	20x20
Numbers:	12

King of the Ring
Players dribble around the area (known as the ring) trying to knock each others balls out of the area while keeping their own. The last player standing is the winner.

Progressions	Coaching Points
Beforehand, get players used to the ball by going through ball mastery techniques. Also, after the first round, explain how to shield.	Shielding the ball/ Strong on the Ball Awareness Decision Making Speed of Play

Session Part: Technical Fundamentals

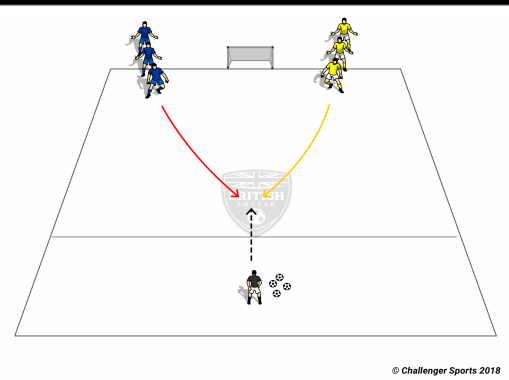


Organization	Time: 15
Area:	5x5
Numbers:	2 per area

Protect the Cone
A circle of cones set up with one tall cone in the middle. The D protects the tall cone using their body. The A tries to kick the cone over.

Progressions	Coaching Points
Replace tall cone with a ball.	Low Centre of Gravity, Strong while defending, Use Upper Body, Decision Making

Session Part: Game Scenario

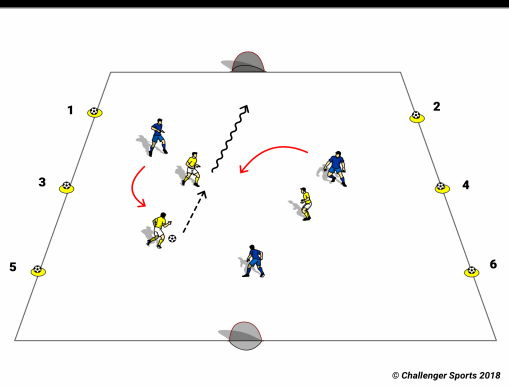


Organization	Time: 15
Area:	15x20
Numbers:	6

Protect & Turn
Players are split into 2 groups. The run and receive a pass from the coach. Protect, turn then head towards goal.

Progressions	Coaching Points
P1: Have a player from each side beside the coach. If their team mate gets the ball, they can join them.	CP: Low Centre of Gravity, Strong while defending, Use Upper Body, Decision Making

Session Part: Small Sided Game



Organization	Time: 15
Area:	20x30
Numbers:	6

Balls on the Outside
A normal game is set up. When the ball leaves the field, coach will shout a number(1-6) and the players must go retrieve it and bring it back into play.

Progressions	Coaching Points
Adjust sizes of area	Awareness of Space Team Work, Communication Decision Making

Email Session Print Session

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