



U7 - U9 Ball Mastery: Shielding

Category: Technical: Coerver/Individual Skills
Difficulty: Beginner

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Description

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Organisation:

Build repetition, touches, and proper technique in first 10 minutes.

Area - 20m x 20m

On coach command, players work through different exercises.

1. Toe Taps 100 total Include forward and backward 2. Tic tocs 100 total 3. Rake 4. Outside of foot 360 5. Inside of foot 360 Do 10 each foot

Possible Progressions:

Drag back, Cruyff, Outside hook, Inside hook

After initial ball exercises, create opportunities for players to replicate the MOD's without pressure with both feet

Coaching Points:

Demonstrate good technique at all times

Low center of gravity

Head up

Be aware of space

Change direction

Change of pace



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Organisation:

Area - 20m x 20m

All players have a ball, but one or two

Object of the game is to make sure you have a ball by the end of the round

Coaching Points:

Demonstrate good technical ability on the ball

Protect the ball by shielding it from opponent

Use feints, turns and tricks to get away from opponent

Change direction with the ball

Change speed with the ball

Keep control at all times



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Organisation:

Players work in teams of 2 to beat the two defenders one a time.

Player A dribbles the ball into the first shaded area (5x5m)

They must protect the ball from the defender for at least 3 seconds.

Player B looks for a square pass and takes the ball into the second shaded area and again must shield the ball for at least 3 seconds.

Player B then plays the square pass to Player A who must finish 1st time.

If the ball is played out of the grid or lost in possession to the defenders those pairings return to the end and is the trigger for the next pairing.

Coaching Points:

Practice should be done at speed.

Correct body position with the body always between the ball and the defender when inside the defender's area.

Passes should be a good weight and in front of the supporting player to ensure speed in attack.



