



Ball Manipulation + Shielding

Category: Small-Sided Games

Difficulty: Moderate

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Description

Small Sided Games for ball manipulation and shielding

Warm up

Organization 30x30 square

inside the square have players warming up by dribbling and moving the ball, practicing footskills and dribbles.

Add dynamic stretches high knees, heel flicks, skipping, open the gate, kick through and windmills



Shielding

Organization 30 x30 split into 6 squares

1 feeder and 2 players per square.

the feeder throws the ball into the square to his teammate ,who must then shield the ball from the opponent

Coaching Points

1. can we get ourselves in the middle of the ball and player?
2. can we stand side on so to length then the distance between player and ball.
3. can we bend our arm that is against the defender so to hold him off, and feel where they are.



1v1 shielding

SSG-Turning

Organization

40 x 40 square with 8x8 square in each corner of the field.

Aim is to score points by dribbling the ball in to the zone to score points.

Coaching Points

Wheres the space?

Correct turn?

Distance between attacker and defender?

Movement and support?



Line Game

SSG- Dribbling - line game

Organization 40 x 40 square.

Aim is to dribble across the line of the opposition to score a point.

Coaching Points

where's the space?

can i attack the defender?

Technique - slow down to perform and accelerate away.

correct move and distance

Creative play.



3v3

SSG 3v3

Coaching Points

encourage footskills

can we be creative

Attack quick as a unit

