



Name: Fabien Lewis	Team: U8	Day: 1	Duration: 60 Minutes
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Description: This session would help develop/improve your players' ability to successfully shield the ball up from the opponent. Additionally, you are also teaching players how dribble (from shielding).

<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p>Activity: “Jail Break” – 15 Minutes</p> <p>Organization: In 25 x 20 yard grid, all players dribble around with different surfaces of foot before getting into some coordination drills with the ball. <u>Progression I:</u> Players practice shielding the ball unopposed. <u>Progression II:</u> Half of players inside with balls dribbling around while the other half on outside juggling. When coach yells “Jail Break” the players juggling leaves their ball and enters the other side of the grid where they will try to steal ball from the players in the middle. Players in the middle must try to shield ball for 10 seconds for a point. If a player from the outside wins the ball, they shield. Exchange players roles at your discretion.</p> <p>Coaching Points: (1) Body between ball and player. (2) Bent knees, dip shoulders. (3) Stiff arm, hands down and out. (4) Both feet on the ground, but controlling the ball.</p>
<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p>Activity: 1 v 1 Shielding – 10 Minutes</p> <p>Organization: Players pair up with one ball and are passing back and forth 5 yards apart. When the coach blows his whistle, the player with the ball has to shield first then spin the defender to score. A goal is scored if they can dribble over the line under control.</p> <p>Coaching Points: (1) Reinforce previous points. (2) Lean in on defenders, spin outside and turn defender.</p>
<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p>Activity: Rondo – 15 Minutes</p> <p>Organization: 2 v 2 + 2 in 15 x 10 yard grid. Your team gets a point if they can pass the ball to a player in the end and then to the other player on the other side.</p> <p>Coaching Points: (1) Reinforce previous points (2) When to shield, when to dribble, when to pass (3) Check away from ball to create space to attack defender.</p>
<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p>Activity: Scrimmage – 20 Minutes</p> <p>Organization: 4 v 4 in 30 x 25 yard grid. All rules apply (except corners & offside).</p> <p>Coaching Points: (1) Reinforce previous points. (2) Good angles of support. (3) Positive Communication.</p>