



# U7/8 Week 16 Session 1 + 2 Dribbling to keep possession - Shielding the ball

Category: Technical: Turning

Difficulty: Beginner

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## Description

### Warmup - Gate Game

#### Gate Game

- Each player find a partner and starts with 1 ball between them
- On coaches "go", the player with the ball tries to dribble through as many gates as possible while the other player is trying to win the ball from them (1 point for each gate)
- If the other player wins the ball then they can start scoring points by dribble through gates
- Play must be kept within the field
- Rounds should be for a minute before switching partners

#### Progressions

Losing player has to do a consequence - push ups, tuck jumps, jumping jacks, etc..

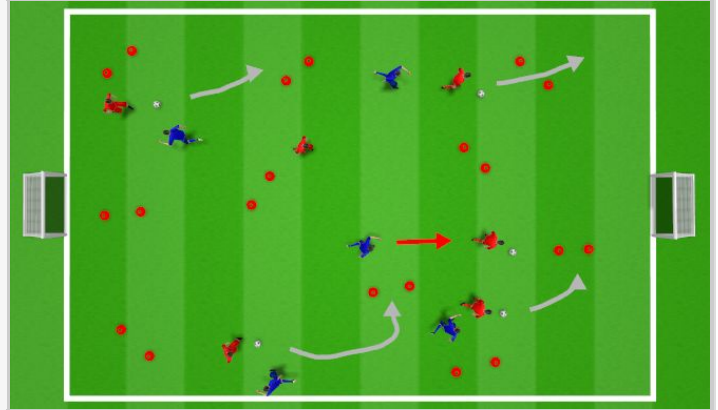
Players now work together with their partner and must pass the ball through the gate to score points - team with the most points win

#### Coaching points

Head up to look for space away from the gatekeepers and to see open gates

Can the players use a quick move (change of direction) and a burst of speed to get away from gatekeepers

Can the players shield the ball if your partner gets to close



### King of the Hill (15 mins)

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Organization: 20x20 zone, each player with a ball.

Have each player with a ball in an enclosed, marked zone. When coach says go, players are looking to knock out as many balls as possible from the other players, whilst protecting their own.

If a ball gets knocked out, the player who knocked the ball out gets one point, whilst the player who got their ball knocked out must do a forfeit (10 toe taps, 5 star jumps etc...)

and then once the forfeit is completed, they can join back into the game.

Coaching Points: players using their body to keep the ball - shielding, identifying where

space is and where danger is. Using deception to lose our defender, etc...

Game is timed (2 games of 5 minutes plus 5 minutes in between to discuss shielding and turning principles)

15 minutes



## Capture the Ball (15 mins)

### Capture the Ball (15 min)

Organization: One field 40x25, with a line in the middle that splits the field into two zones.

Have 1 ball per pair of players.

Split the group into 2 even teams and have half as many balls as players

Setup on the middle line (ex if 8 players, 4 balls) When the coach says go, the players

try to gain possession of the ball and try to keep it on their half zone using only dribbling

and running (passing may be added in a progression). After a few minutes of fighting to

retain possession on their half, stop the game and see which team has the most balls on

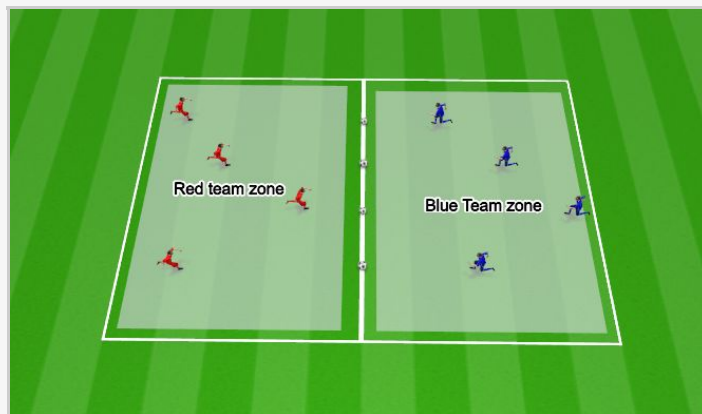
their half of the field!

PROGRESSION: Once the ball is stolen players must now keep the ball in the opposition half for 5 seconds before crossing into their own half. Players can now also pass to each other to help retain possession of the ball.

Coaching Points:

Remind players to look up while they're dribbling so they know where they're going.

Encourage the players to protect their balls by shielding them or moving quickly away from danger change of direction and speed.



## Shield and Steal

### Shield and steal

Each player should find a partner and start with one ball. One player starts with the ball (Shielder) in their hands while the other player is just trying to tap it (stealer). Stealers get a point for each time they tap the ball. Shielders must "lock" one foot to the ground (pivot foot) while the other leg can move freely. They are trying to use their body to protect the ball and prevent the stealers from getting points. After 1 - 2 minutes, players should switch roles.

Progressions

The ball is now "locked" to the ground and the shielder can't touch it. The stealer is trying to get their foot on the ball (1 point) while the shielder uses their body to keep the stealer away.

Free movement. The shielder can now dribble the ball and move anywhere in the square. The stealer is trying to win possession and get their foot on the ball.

Coaching Points

Players should use their backs and their bums to protect the ball

Players should try and be as big as they can with arms out to the side to help protect the ball

Players shouldn't shy away from contact and coach should praise the players who are using their body well



## Boss of the balls + 1

### Boss of the balls - 1v1 + 1

Split the players up into two teams and have them start on their teams pylon.

Coach starts by throwing a ball into the field and the first player from each team races out into a 1v1.

The players must try and dribble the ball under control into their own end zone.

The round ends once a player scores a point or the ball goes out of bounds.

Rounds should be pretty fast paced

Progressions

1 v 1 + 1, if a player wins the ball they can pass to a teammate on the sidelines to make it a 2v1 - If the defender wins then attackers have to do push ups

Instead of dribbling into the end zone, they must score on a goal

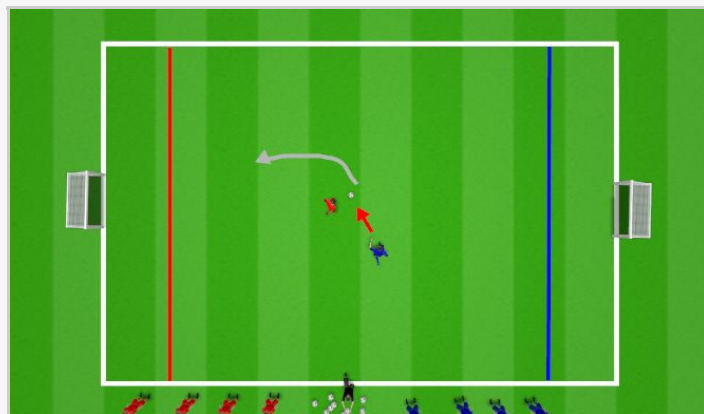
Turn it into a competition - first team to 10 points win

Coaching points

Shielding the ball if the defender gets close - put your body between them and the ball

Encourage players to dribble away from pressure

Head up once they win possession to find their teammate



## End Game

### Scrimmage

Split the players up into two evenly strong teams in order to play 4v4. Someone can play as a sweeper keeper but they are not allowed to use their hands. Practice CMSA game rules (dribbles, corner kicks, etc.). Remember to take a water break halfway through the game.

Conditioned game

1v1 scrimmage - Players are paired up with one player on the other team. They can only tackle that player and can't tackle anyone else. They must stay with and mark their player at all times

This will allow players to have more 1v1 opportunity in the game and practice shielding the ball

Goals are worth how many passes are made before them. Ex: 4 passes = 4 point goal, 0 passes = 0 point goal

Coaching Points

Set the players up in a shape before starting the game - Diamond or Square

Encourage players to focus on the skills they worked on in practice and praise the players who apply what they learned

Tactical - when to pass vs dribble, where and how to support player on the ball, where never to pass (front of net or the heart)

What is marking? Goalside - Putting your body between your mark and your net so they can't sneak behind you or into open space

