



Arlington Lesson Plans (7th Grade- HS / U13 - HS Age Groups) - Topic: Shielding & 50 - 50 Challenge

Category: Technical: Attacking skills

Difficulty: Moderate

Eduardo Lima, Bristow, United States of America

Description

Lesson Plan created by Eddie Lima (Assistant Director of Coaching Education)

Shielding Technique

Shielding Technique

- Position yourself between the opponent and the ball.
- Put your body sideways against the opponent.
- Use your arms, hip, and foot to protect the ball.
- Use your opposite foot to control the ball.
- Bend the knees to stay low to the ground in order to keep your balance
- Move the ball in the opposite direction of the opponent's movements.



50-50 Technique

50 -50 Ball Challenge Technique (Ball on the ground):

If you get to the ball first:

First option:

- Try to move the ball behind the defender

Second option:

- Try to pull the ball back away from pressure

If you get to the ball at the same time:

Stop into the ball with the inside of the foot and the body blocking the ball.

If you get to the ball late:

- Do not try to challenge the ball.
- Give a step back and prepare to challenge in the right moment (Contain the offensive player)

50 -50 Ball Challenge Technique (Ball in the air):

If you get to the ball first:

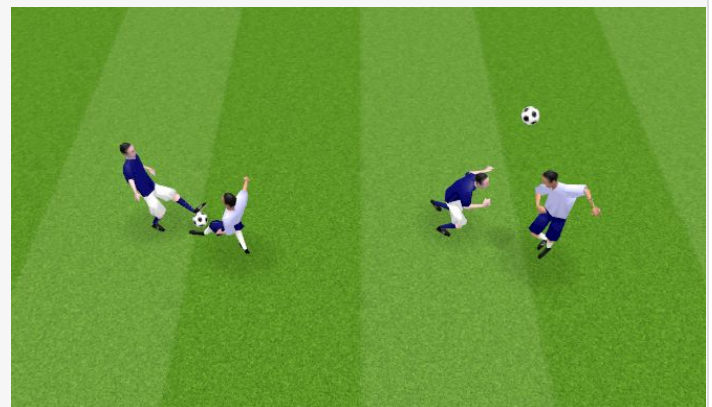
- Try to control the ball first by putting the body between the ball and the opponent

If you get at the same time to the ball:

Coaches please note: 5th grade is not allowed to head, so attack it in the air or on the bounce!

If you get late to the ball:

- As soon as the opponent tries to control the ball, you challenge the ball.



Activity: Small side games (10 mins)

How the game is played: From 2 to 4 teams will be formed like a regular scrimmage to play "small side games".

Variations/Progression:

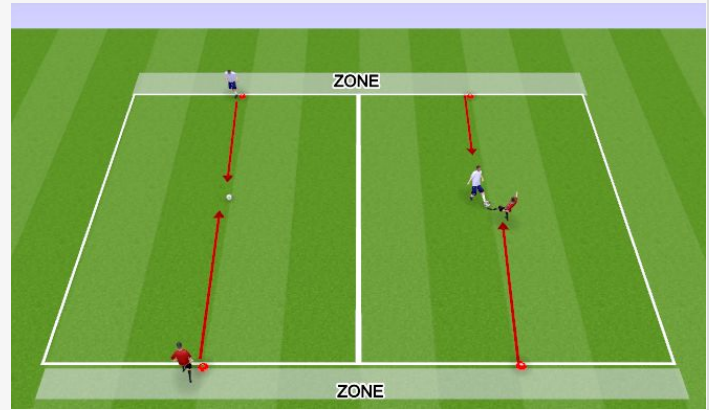
- Competition between the teams
- Implement the topic of the session in the small side games.



Activity: 50-50 Ground Challenge (10 mins)

How the game is played: 2 Players playing against each other (1vs.1). The ball will be in the middle of the field/grid. When the coach says: GO ... both players can run and attempt to take possession of the ball. The player that ends up with possession of the ball wins.

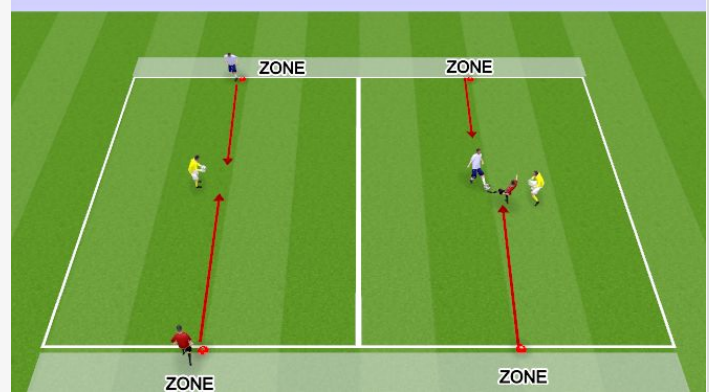
Variations/Progression: The player that wins can then attempt to score by dribbling the ball in either direction (zone).



Activity: 50 -50 Air Challenge (10 mins)

How the game is played: 2 Players playing against each other (1vs.1). The ball will be in the middle of the field/grid. When the coach says: GO ... the player in the middle of the grid will throw the ball in the air and both players outside will run and attempt to take possession of the ball. The player that ends up with possession of the ball wins. The loser switch with the player in the middle.

Variations/Progression: The player that wins can then attempt to score by dribbling the ball in either direction (zone).



Activity: 50 -50 Challenge 2 vs. 2

OPTIONAL

How the game is played: From 4 players (2 on each side) playing against each other (2vs.2). The ball will be in the middle of the field/grid. When the coach says: GO ... the player in the middle of the grid will throw the ball in the air and both players outside will run and attempt to take possession of the ball. The player that ends up with possession of the ball wins. The loser switch with the player in the middle.

Variations/Progression:

- The player that wins can then attempt to score by dribbling the ball in either direction (zone).
- Play 3 vs. 3



Activity: Scrimmage (20 mins)

How the game is played: Two teams will be formed like a regular scrimmage.

Variations/Progression:

- Competition between the teams
- Implement the topic of the session in the small side games.

