



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

Category: Technical: Ball Control

Difficulty: Moderate

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Description

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

Shielding Technique

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- 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 at the right moment (Contain the offensive player)

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

If you get to the ball first:

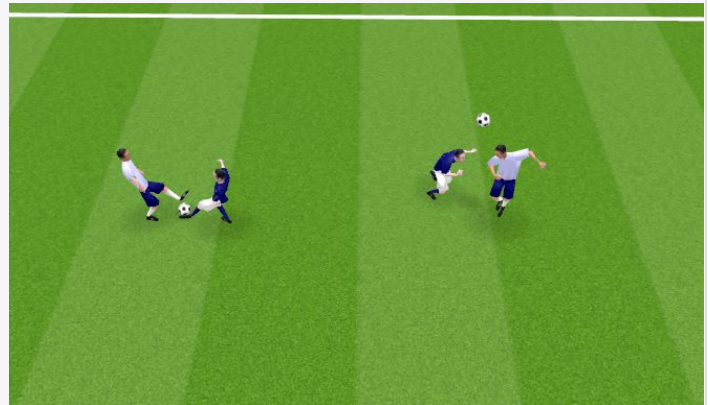
- Try to control the ball first by putting the body between the ball and the opponent

If you get to 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:

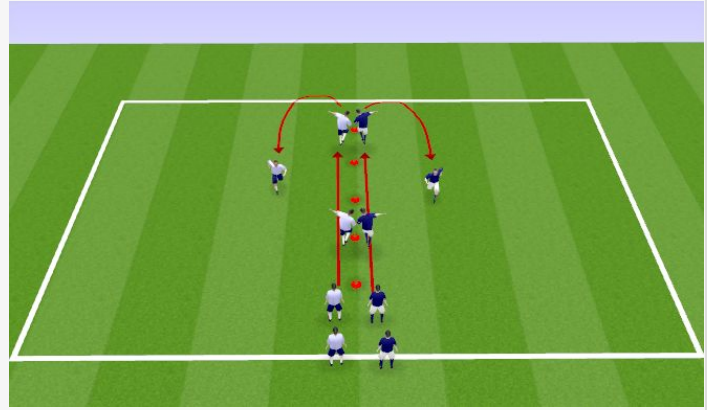
- Competition between the teams
- Implement the topic of the session in the small side games.



Activity: Standing your ground (10 mins)

How the game is played: Create a line with many cones. Separate the players into 2 groups. One group of players will be on the right side of the cones and another group of players will be on the left side of the cones. If it is possible put players with the same size/strength. The players will move forward and try to not let another player move to their own side. After reaching the end of the cones, they turn and come back to the end of the opposite line so they can work on shielding from the left and right sides.

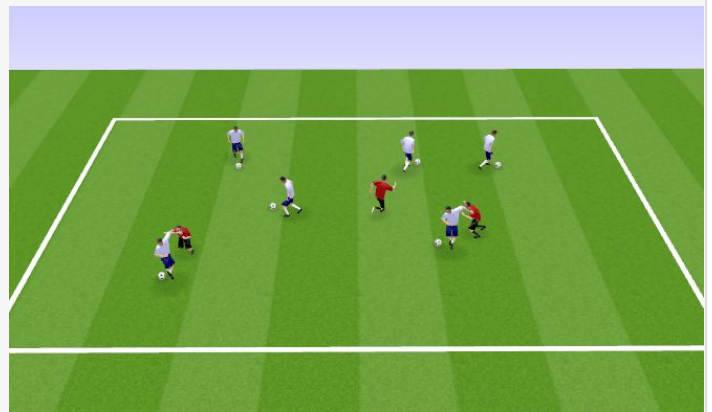
Variations/Progression: Each player could work on shielding with a soccer ball.



Activity: 1 vs. 1 Shielding I (10 mins)

How the game is played: The coach should start the activity with 1/3 of the players as defenders and 2/3 of the players as offensive players. The defenders will try to win the ball or kick the ball out of bounce from the offensive players. The offensive players will try to keep the ball away from the defenders by maintaining possession of the ball. They should switch offense with the defense every time the defender wins the ball from the offensive player. No double pressure is allowed! When the coach says "STOP", the players with the ball are winners.

Variations/Progression: Add more defenders.



Activity: 1 vs. 1 shielding II (10 mins)

How the game is played: Have the players work in partners. If it is possible with the same size/strength. One player should be on offense (with the ball) and another player should be a defender (without the ball). The offensive players will try to keep the ball away from the defender. The defender has only 10 seconds to win the ball from the offensive player. If the defender does not win the ball, the offense player wins. However, if the defender wins the ball and defender wins. Defenders cannot put double pressure (1 vs. 2). Only 1 vs. 1 pressure. Every round switch (defender becomes offense and offense becomes defender)

Variations/Progression: Add more time for the defenders to win the ball. Example: 30 seconds



Activity: Scrimmage (20 mins)

Regular Scrimmage

Variations/Progression:

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

