



ASA Lesson Plans (5th & 6th Grade - U11 & U12 Age Groups) - Topic: Shielding & 50 - 50 Challenge

Category: Technical: Ball Control
Difficulty: Moderate

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Description

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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 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)

Number of players required: Full U11 or U12 Team

Equipment: many soccer balls 2 - 4 pug goals. if the coach does not have pug goals he/she can use cones as goals.

Grid requirement: Create 2 grids of 20 X 20 yards marked with cones.

Organization: All players are required to play within the grid.

How the game is played: From 2 to 4 teams will be formed like 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)

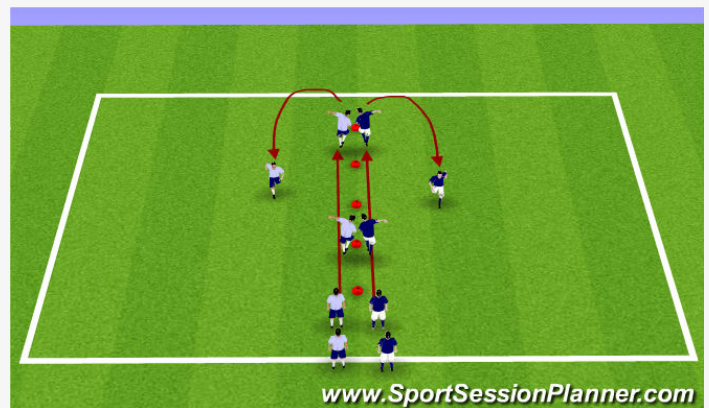
Number of players required: Full U11 or U12 team

Equipment: Few cones to create the line.

Grid requirement: Create a 30 yards line with cones.

How the game is played: Create a line with many cones. Separate the players in 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/stretch. 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 opposite line so they can work on shielding from left and right side.

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



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

Number of players required: Full U11 or 12 team

Equipment: Create a 40 x 40 grid

Organization: Every offense player should have a ball.

How the game is played: The coach should start the activity with 1/3 of players as defenders and 2/3 of players as offense players. The defenders will try to win the ball or kick the ball out of bounce from the offense players. The offense 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 offense 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)

Number of players required: Full U11 or U12 team

Equipment: Half of the players should have a ball.

Grid requirement: Create a 40 x 40 grid.

How the game is played: Have the players working in partners. If it is possible with the same size/stretch. One player should be offense (with the ball) and another player should be a defender (without the ball). The offense players will try to keep the ball away from the defender. The defender has only 10 seconds to win the ball from the offense 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)

Number of players required: Full U11 or U12 Team

Equipment: many soccer balls. For the 2 goals you can use pug goals or cones.

Grid requirement: Create a 40 X 40 yard grid marked with cones.

Organization: All players are required to play within the grid.

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

Variations/Progression:

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

