



ASA 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

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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 U13 and older teams

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: Shielding the King (10 mins)

Number of players required: Full U13 and older teams

Equipment: No equipment is required.

Grid requirement: No grid is required. Just have enough space for players to move around.

Organization: Organize the players in even groups (example: 2 groups of 7 players).

How the game is played: Select a player to be the "challenger" and another player to be the "king". The rest of the players on the group should be the "guards". The guards with the king will create a circle (holding hands together). The challenger will try to touch the king by running around the circle. The challenger cannot go in the middle of the circle. The challenger must go around the circle at all times. The guards and the king will always move opposite side of the direction from the challenger. So always starts with the king opposite side of the challenger. After 30 seconds from the start, if the challenger did not touch the king, the guards and king wins. However, if the challenger touches the king, the challenger wins. Switch the challenger, king, and guards every play.

Variations/Progression: Add more or less time to challenge the king.



Activity: Shielding inside grids (10 mins)

Number of players required: Full U13 and older teams

Equipment: Many cones to create the grids

Grid requirement: Create a 10 x 10 grids.

How the game is played: Have the players working in partners inside the grid. If it is possible put players together with the same size/strength. 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 try to win the ball from the offense player. If the defender wins the ball they will switch. (offense becomes defender and defender becomes offense).

Variations/Progression: Competition between players. Who can keep the longest possession of the ball



Activity: 1 vs. 1 shielding with 2 balls (10 mins)

Number of players required: Full U13 and older teams

Equipment: Every player 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. Both players should have a ball. They will try to kick the ball from the opponent out of the grid by keeping possession of their own ball. They are not allowed to leave the ball to put pressure. They must keep their own ball close to their body at all times.

Variations/Progression: The first player that kicks the opponent ball out of bounce wins.



Activity: Scrimmage (20 mins)

Number of players required: Full U13 and older teams

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.

