



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

Category: Technical: Attacking skills
Difficulty: Moderate

Eddie Lima, Bristow, United States of America
Individual-Young Member

Description

ASA Coaching Education Directors - Matt Badiee and Eddie Lima

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: 50-50 Ground Challenge (10 mins)

Number of players required: Full U13 and older teams

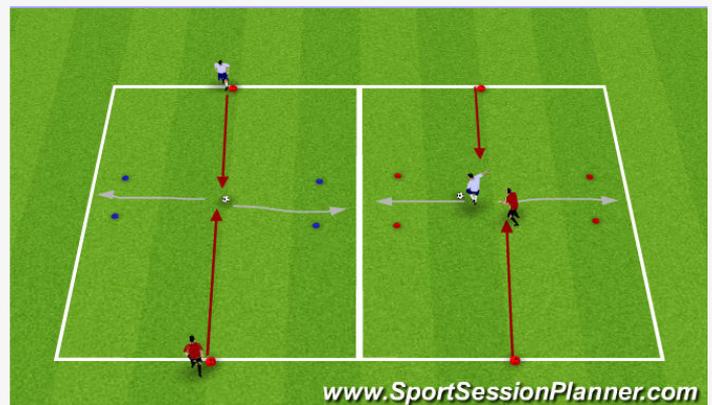
Equipment: Every group should have a ball

Grid requirement: Create many 15 x 15 grids

Organization: At least 2 players per grid working together.

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 coach says: GO ... both players can run and attempt to take possession of the ball. The player that end up with possession of the ball will try to dribble the ball between the goal. There are 2 goals that offense player can score.

Variations/Progression: Make the goal smaller



Activity: 50 -50 Air Challenge (10 mins)

Number of players required: Full U13 and older teams

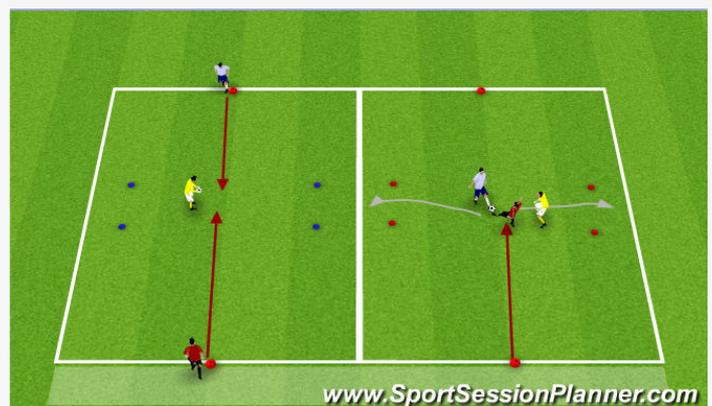
Equipment: Every group should have a ball

Grid requirement: Create many 15 x 15 grids

Organization: At least 3 players per grid working together.

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 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 end up with possession of the ball will try to dribble the ball between the goal. There are 2 goals that offense player can score. The loser switch with the player in the middle.

Variations/Progression: Make the goal smaller



Activity: 50 -50 Challenge 2 vs. 2

OPTIONAL

Number of players required: Full U13 and older teams

Equipment: Every group should have a ball

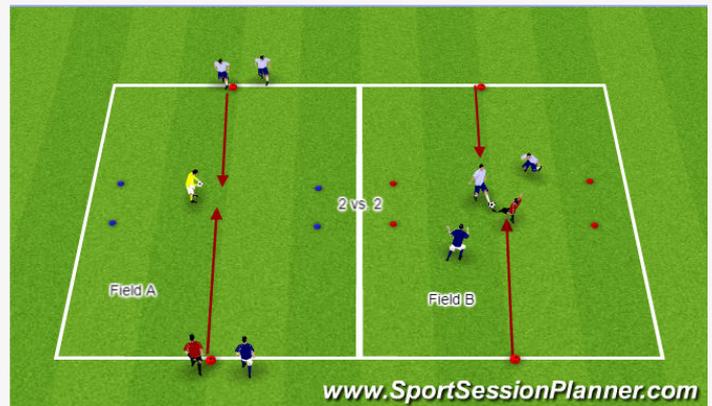
Grid requirement: Create many 15 x 15 grids

Organization: At least 5 players per grid working together.

How the game is played: Same as previous activities with the option of having a player in the middle throwing the ball in the air (Field A) or just having the ball in the middle of the field (Field B) but now playing 2 vs. 2.

Variations/Progression:

- Play 3 vs. 3



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.

