



# Individual Training - Shielding

Category: Technical: Ball Control  
Difficulty: Moderate

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Individual-Young Member

## 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's movements.



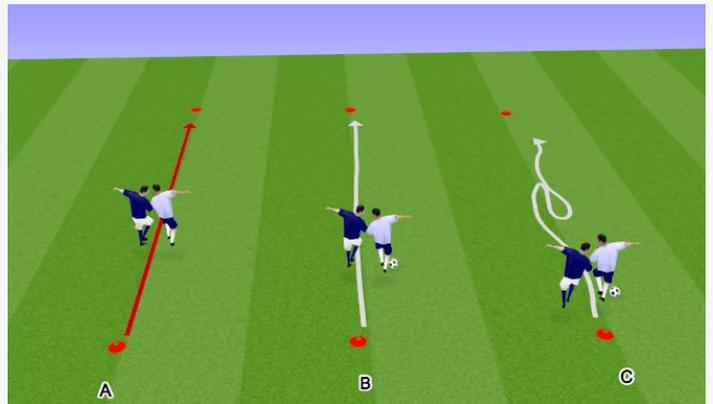
## Shielding (A, B and C) (10 mins)

### Activity:

A = Coach and player will move back and forth between the cones and the player will provide the proper way to provide the shielding technique.

B = The same idea/concept as the previous Activity but now the player will have the ball

C = The same idea/concept as the previous activity but now the players can change directions between the cones.

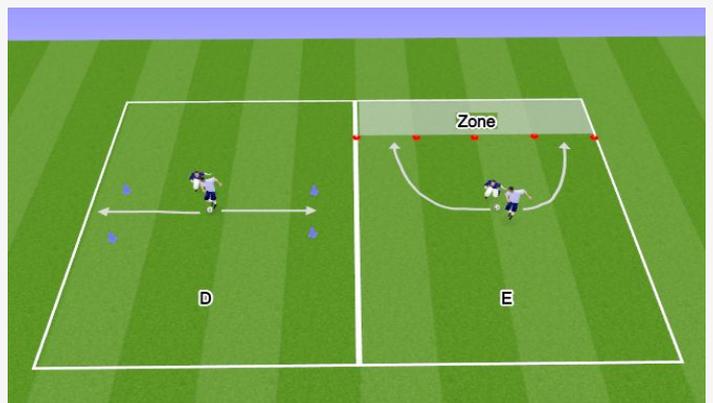


## Shielding (D and E) (10 mins)

### Activity:

D = **Shielding going sideways:** The Coach will play against the player (1vs.1). The ball will start with the player with the back to the coach (shielding). The player will try to score between the 2 goals by dribbling the ball. The coach will put pressure and try to win the ball.

E = **Shielding going forward:** The same concept as a previous activity but now the player will try to dribble the ball inside the Zone.

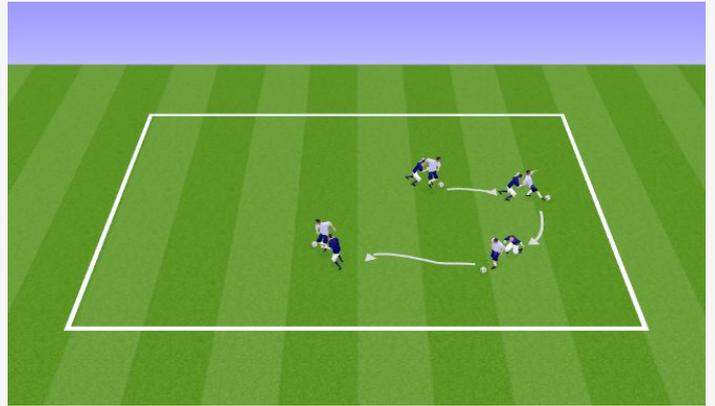


## Shielding game (10 mins)

### **Activity:**

- The player will have the ball and he/she will shield the ball from the coach that will keep putting pressure.
- The player will have to maintain possession of the ball inside the grid created by the coach.

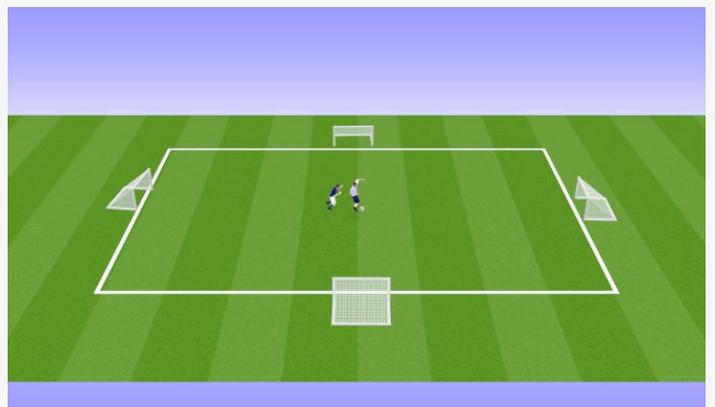
**Observation:** Make sure the player maintains possession of the ball with the foot away from pressure. Example: pressure from the right side, keep the ball on the left side.



## 3-4 goals game (5 mins)

### **Activity:**

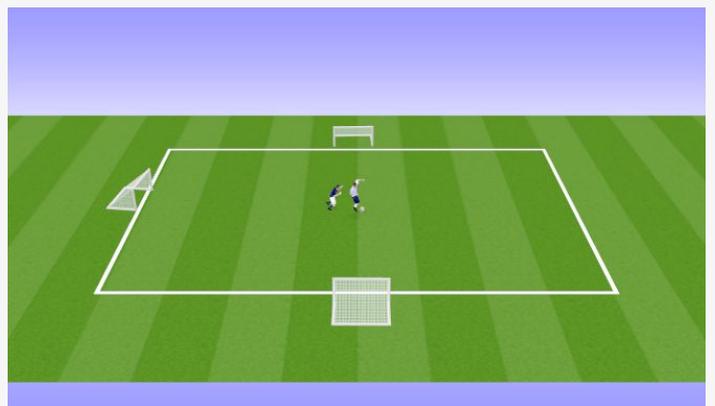
- The player starts by having 4 goals to score.
- If the player score on the goal, he/she will have other 3 goals to score.
- The player cannot score on the same goal twice!
- The coach will add pressure so the player will have to shield the ball to make a decision.



## 2 -3 goals game (5 mins)

### **Activity:**

The same concept as the previous activity but now the player has 2-3 goals to score.



## Game (10 mins)

### **Activity:**

- 1 vs. 1 game against the player
- The player should start with the ball.
- The coach should put pressure on the player from the start.

