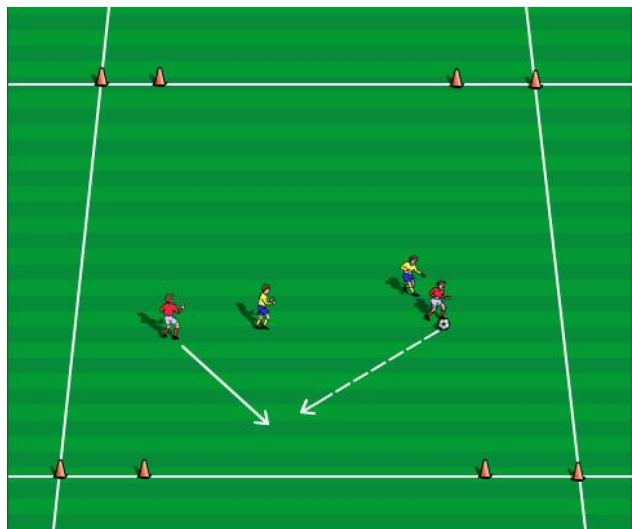




Curriculum – Technical / Skill

Activity # - 505

Topic:	Shielding	Age:	All Ages
Section:	Main Theme	Ability Level:	All Levels
Learning Outcome(s):	Keeping head up to observe available options		



Organization:

1. 10 x 10 yard area set up as shown
2. 4 players (2 Attackers, 2 Defenders) set up as shown
3. 1 ball (Additional around the outside)

Instructions:

1. Attackers score by dribbling the ball through one of their opponents the goals
2. If the ball leaves the area players re-start the game with a kick-in
3. Rotate teams at set intervals

Coaching Points:

1. Body in between ball and the defender
2. Move the ball with furthest surface
3. Head up to observe available options
4. Prepare your next action

Progression/Regression:

1. P – Add goalkeeper and goals
2. R – Dribble over the end line to score