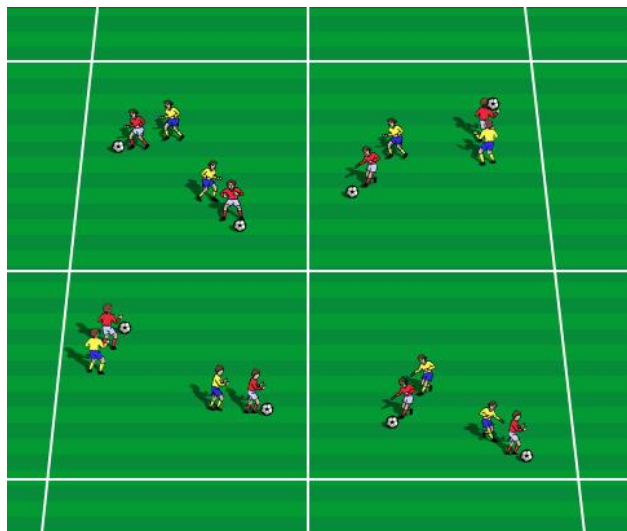




Curriculum – Technical / Skill

Activity # - 503

| | | | |
|-----------------------------|---|-----------------------|------------|
| Topic: | Shielding | Age: | All Ages |
| Section: | Main Theme | Ability Level: | All Levels |
| Learning Outcome(s): | Body weight is on the leg nearest to the defender | | |



Organization:

1. 20 x 20 yard divided into four 10 x 10 yard areas set up as shown
2. 16 players (8 Attackers, 8 Defenders) set up as shown
3. 1 ball per attacker (Additional around the outside)

Instructions:

1. The attacking players have to keep the ball inside their area for as long as possible
2. The defending players are attempting to win the ball; and if successful, they give back to the attacker
3. The attacking players start with ten points, a point is lost each time his ball is kicked outside the area
4. Switch after a set time to allow each player the opportunity to shield

Coaching Points:

1. Body in between ball and the defender
2. Stay sideways-on to protect the ball and provide balance
3. Body weight is on the leg nearest to the defender
4. Extend your arms to feel the defender

Progression/Regression:

1. P – If the defender now wins the ball they become the attacker
2. R – Increase the area and have all players play within a 25 x 25 yard area to allow more opportunity to move the ball into space