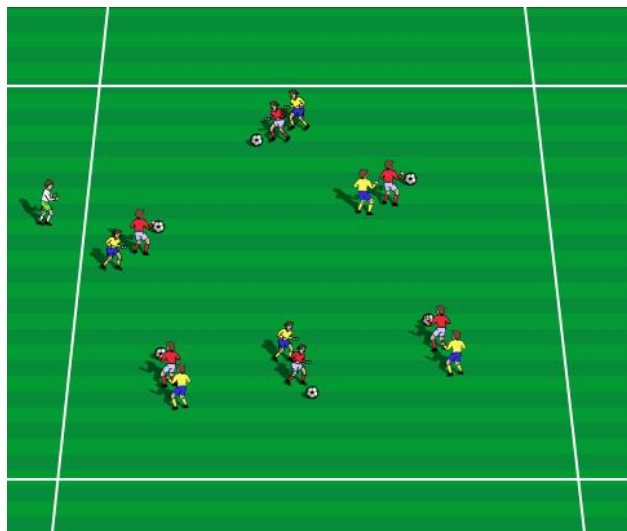




Curriculum – Technical / Skill

Activity # - 502

Topic:	Shielding	Age:	All Ages
Section:	Warm up	Ability Level:	All Levels
Learning Outcome(s):	Body shape - staying sideways-on to protect the ball and provide balance		



Organization:

1. 20 x 20 yard area set up as shown
2. 12 players (6 Attackers, 6 Defenders) set up as shown
3. 1 ball per attacker (Additional around the outside)

Instructions:

1. The attacking players must prevent the defending players from touching the ball
2. A point is scored by the defender if a touch is made or by the attacker if a touch is prevented
3. The attacker is not allowed to move the ball and must use their body to prevent the defender from touching it
4. On the coaches command players must switch balls and roles
5. Players can move in any direction to find a new ball
6. The game is played for a set time limit before switching balls

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 – Move in a clockwise direction so that defender has the opportunity to get to the ball first on a switch
2. R – Reduce the time each player has to protect the ball