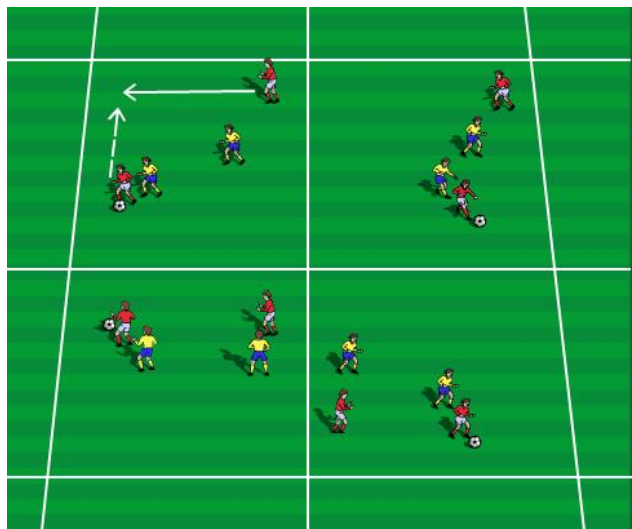




Curriculum – Technical / Skill

Activity # - 504

Topic:	Shielding	Age:	All Ages
Section:	Main Theme	Ability Level:	Travel
Learning Outcome(s):	Stay sideways-on to protect the ball and provide balance		



Organization:

1. 20 x 20 yard area divided into four 10 x 10 yard areas set up as shown
2. 16 players (8 Attackers, 8 Defenders) set up as shown
3. 4 balls (Additional around the outside)

Instructions:

1. Each team starts with ten points
2. The attackers must attempt to maintain possession for as long as possible in their area
3. If the defending team wins the ball they attempt to possess the ball
4. A point is lost each time the ball is lost
5. Rotate partnerships so that each team has the opportunity to play someone new
6. Play for a set time period then rotate

Coaching Points:

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

Progression/Regression:

1. P – Increase to 4 vs. 4 over two 10 x 10 yard areas = 20 x 10 yard area
2. R – Play 3 vs. 1 with one player serving the ball from the outside into the attacking team (total of 4 players)