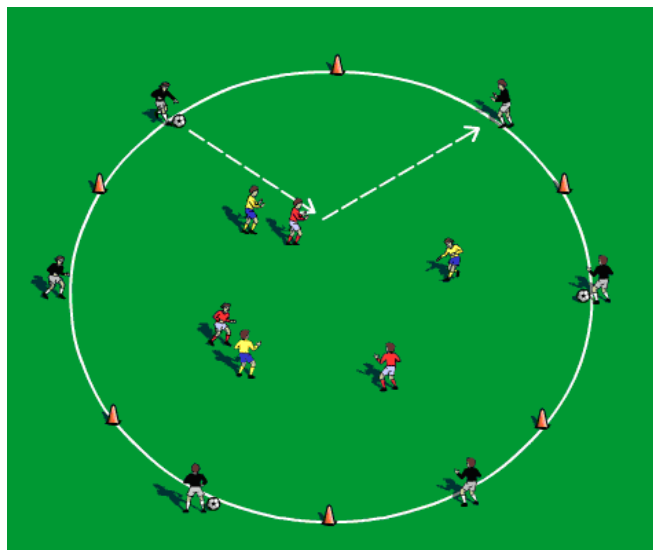




Curriculum – Technical / Skill

Activity # - 507

Topic:	Shielding	Age:	All Ages
Section:	Main Theme	Ability Level:	All Levels
Learning Outcome(s):	Keeping your body in between ball and the defender		



Organization:

1. 40 yard diameter circle set up as shown
2. 12 players (3 Attackers, 3 Defenders, 6 Servers) set up as shown
3. 3 balls (Additional around the outside)

Instructions:

1. Attackers on the inside of the circle score by receiving a pass from one server, and then playing to another server that is open
2. Defenders have to win the ball and if they do, the attacker loses a goal
3. There are three attackers and three balls all working at the same time so the attackers must work hard to pass to players on the outside that don't have a ball
4. Play for a set time period then rotate players

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 – Reduce the size of the circle so there is less space to turn into
2. P – Increase the number of balls on the outside so there are less players to pass to, forcing players in the middle to hold the ball longer
3. R – Allow attackers to pass the ball back to the same outside player that passes them the ball
4. R – Reduce the number of defenders and play 3 vs. 2 in the center