



Milton YS: Turns and Shielding

Category: Technical: Turning
Difficulty: Beginner



Hermes Lima Soccer Academy, Quincy, United States of America

Welcoming Scrimmage (15 mins)

Welcome Scrimmage / Play-Practice-Play Methodology -

US Soccer would like us all to use a new practice methodology the season. It's called Play-Practice-Play. The idea is to get the players playing as they arrive by getting them going in a game. As players arrive, we add to the game until we get to 3v3, 4v4, up to v6. This method serves the players and coaches by:

1. Getting the kids playing right away. Their favorite part of practice.
2. Allow for everyone to show up before we start the practice activity or lesson for the day.
3. Get some energy out before the lesson starts and to help players be more attentive to during the lesson.

You should play for 15 minutes and then get into the two training activities before ending the practice with another scrimmage.

On some days you can do a full field scrimmage and on other days you can do a 2v2 or 3v3 scrimmages. It doesn't always have to be the same each week. The key is just to get them playing at the start. Need at least 2 players to get the game going then add players to a team as they arrive.



Pirates Gold (15 mins)

Pirates Gold - Ball stealing game (Shielding/turns)

What do Pirates love more than anything? Gold!!! Everyone needs a ball. You'll take away two players balls and they will start off as the Pirates. Each ball is a piece a gold so the pirates will go on a search for gold. If you have gold, then you must stay in the circle and shield and dribble to protect it. Use your turns to avoid pirates.

Organization:

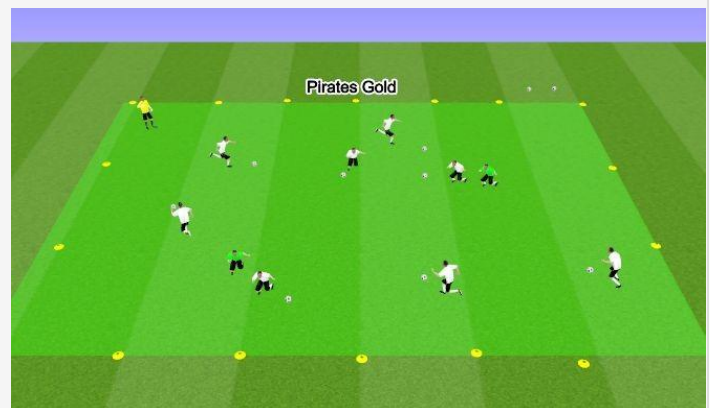
- You must try to protect your ball by shielding it and then dribbling away.
- If your ball gets stolen then you become a pirate and have to steal a ball away from someone new.
- You cannot steal ball back from the same player who stole your ball.
- If a pirate is chasing you and you dribble out of bounds then you must give your ball to them

Who has the gold balls at the end of the game!

Add another pirate each round. Play for three rounds of 1-2 minutes each.

Coaching Points: -"sideways on" with knees bent and arm out

-Don't shield for long just enough to protect and then try to dribble away / -Use turns to escape



1 V 1 Turns/Shielding (15 mins)

1v1 Turns/Shielding - Starting gates 25 yards apart -

Activity is designed to create lots of turns as players try to score. Create two stations of same game if you have more than 12 players. First Player in Line A passes the ball down to the first Player in Line B. Once he/she plays the ball they must run out and try to stop them from scoring into one of the two goals.

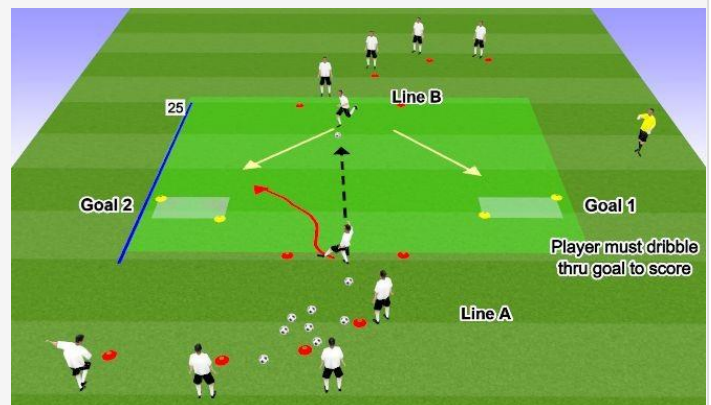
The first player in Line B who is receiving can attack either goal and will likely have to use their turns, shielding, and deception to score a point.

If the defender wins the ball, they can score a point by passing it to the coach / or let them also score which helps teach transition from attack to defense or defense to attack. I usually start with a pass to the coach and then progress to each team being able to score.

Progression 1: Attacker can pass backwards to a player in their line if they struggle to beat defender and it becomes a 2v1.

Coaching Points:

- attack a goal but if defender closes you down then use turns and shielding to attack other goal and maintain possession of the ball.
- If you lose it then try to get it back.



Closing Scrimmage (15 mins)

Final Scrimmage - Play 4v4, 5v5 or 6v6 (depends on numbers of players present)

The last part of the Play - Practice - Play Methodology is to end with the game. You can start the game off with restrictions based on the lesson for the day but make sure the last 10 minutes is free play with no restrictions.

At U9 and U10 teams play 7v7 (6 field players and a GK). The next slide is the view of a game field.

