

Drill Number

12

Min Age Group:

U8

Min # of Players

2

Drill Name

Golden Shield

Min Time Required

5

Description

Setup:
None.

Description:

Start with two (2) players; a shielder and a person trying to get the ball. Player #1 is the shielder. The shielder gets LOW, almost as if they were sitting in a chair.

After proper stance has been demonstrated you need to show them how to hold their arms. Players must play with their arms up and away from their bodies. There must be a space between the arm and the body of the player.

What is described above is a perfectly legal play. You can shield with your arms as long as you do not push your opponent away with them. That is the common mistake that players make and refs call.

The shielding player holds the defender off by moving the ball around with the outside of their foot (if the player tries to cut in front) and the inside of the foot (if the player tries to come from behind). Do not let the ball handler move from their spot on the field. This isn't a drill to see who can out run the other. Stress stance and arm position.

Coaching Points

Have ball on outside of body.
Crouch, if you stand straight up you allow the defender closer to the ball.
Don't turn back on defender

Dribbling

Footwork

Shielding

Passing

Receiving

Defending

Tackling

Finishing Tech

Throw-ins

Aggressiveness

Conditioning

Spacing Concepts

Tactics

Goalkeeper

Settling the Ball

