



# Recreation Coaching Sessions

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**U9 – U10: Week 3**

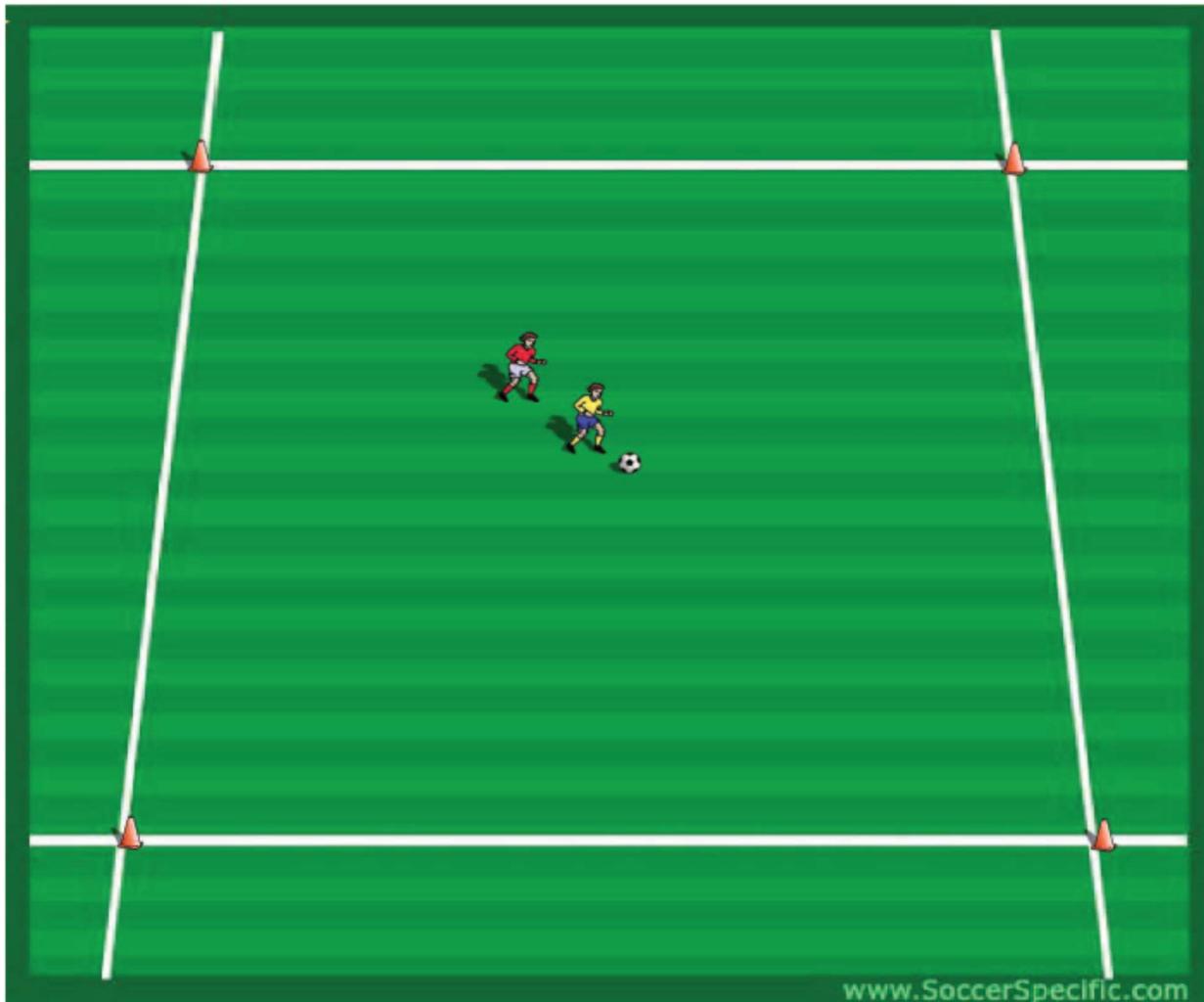
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## Recreation Coaching Sessions

U9 – U10: Week 3

### Shielding 1



#### Shielding 1

Purpose- To improve shielding position when on the ball.

Organization

Area 10x10

One player controls the ball with all parts of their foot, while defender provides passive opposition.

Use both feet to control and shield the ball. Change every 30 seconds.

Progression

After repeating several times, increase to full on pressure.

Coaching Points

Take a sideways on position and control away from body.

Bend the knees and have a low centre of gravity.

Use arms for balance and protection.

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## Recreation Coaching Sessions

U9 – U10: Week 3

### Shielding 2



#### Shielding 2

Purpose- To improve shielding under pressure.

Organization  
Area 10x20

Players dribble around the grid avoiding defenders. When challenged players turn and shield. If defender gets the ball, he becomes shielder.

Progression  
Increase defenders to put more pressure on shielders.

Coaching Points  
Keep head up to see where defenders are.  
When defenders approach, take a sideways on position, with a low center of gravity.  
Use arms for protection and balance

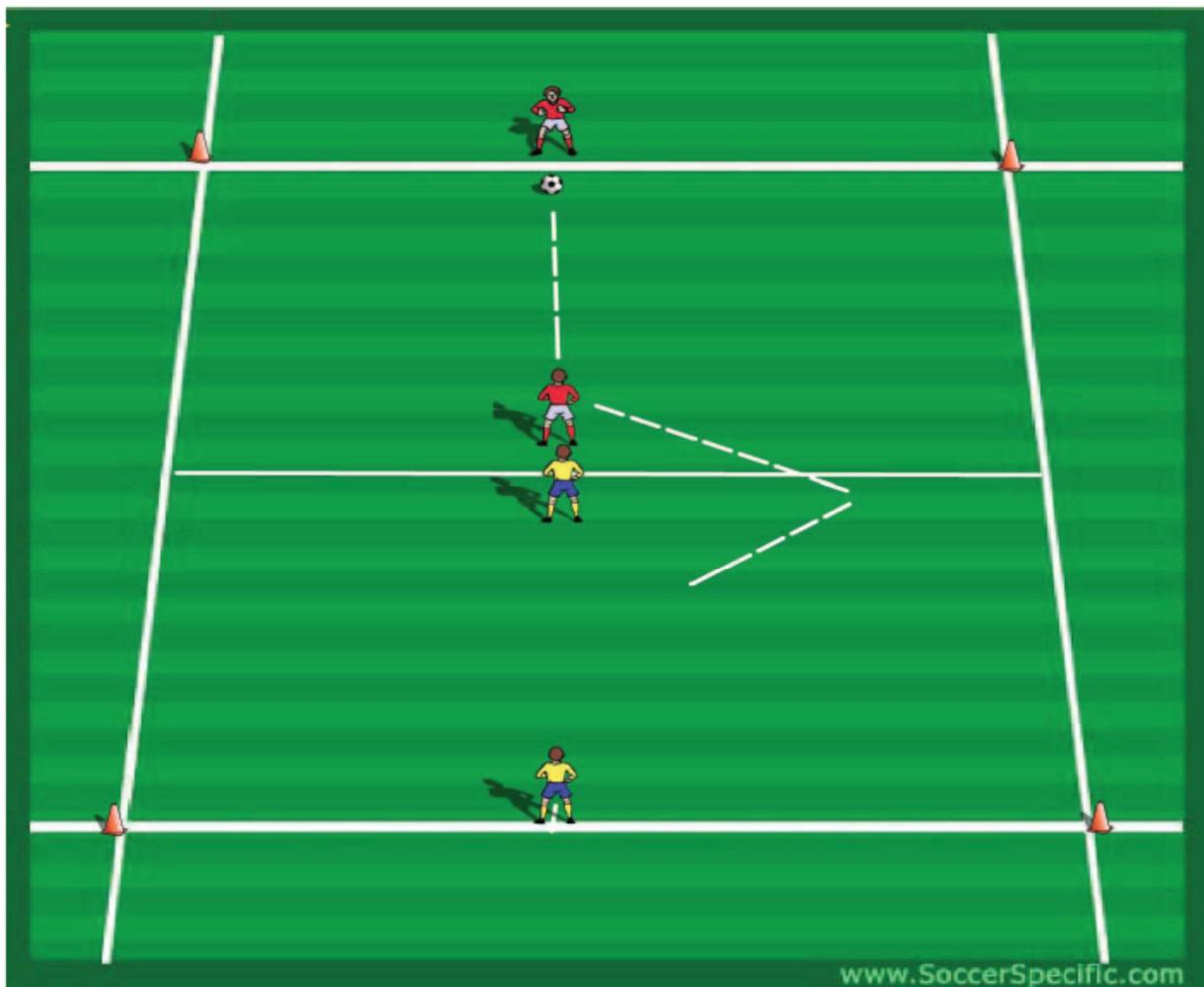
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U9 – U10: Week 3

### Sheilding 3



#### Shielding 3

Purpose- To improve shielding under pressure.

##### Organization

Area 10x20 yards

Player passes to partner who shields the ball before turning against passive defending and passing to partner at the other end.

##### Progression

Increase level of opposition when turning

Player receives ball, shields and then plays 2v2 trying to get to opponents end line.

##### Coaching Points

Look over shoulder then check in and out to find space to receive the ball

Communicate with teammate

Receive the ball sideways on, control away from the body.

Lean into opponent using your arms for balance and protection.

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## Recreation Coaching Sessions

U9 – U10: Week 3

### Shielding 4: Small Sided Game



#### Shielding 4 small sided game

Purpose- To improve shielding in small sided game activities.

#### Organization

Area 30x30

4v4 one player can use hands

All players must be in own half when opponents are attacking.

#### Progression

Team in possession must dribble in opponents half.

Team can only score in final third of field.

Each player matches up man to man with an opponent.

#### Coaching Points

Try to prevent opponents turning to face goal

Increase pressure as they get closer to goal

Do not dive into challenges and try to contain the player

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## Recreation Coaching Sessions

U9 – U10: Week 3

### Small Sided Scrimmage



Small sided scrimmage

Size of each field 20x20

Organization

Split players into four teams of three with no goal keepers.

Let the kids play a normal scrimmage.

Play for 7 minutes and then change the teams, so they are playing new opposition.

Advantages of playing small sided

Player has more touches on the ball

Player has more decisions to make. Do I pass? Do I dribble? Do I shoot?

Player has more individual teaching time.

Player increases amount of involved playing time.

Player has more opportunities to score.

Player becomes more skilful

Player has more fun, more touches and more smiles due to constant involvement in the game.

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