

St. Mary's Youth Soccer Training Series

Topic: Turning and Shielding
Age/Level: All
Type:

→ Run Pass ●~ Dribble

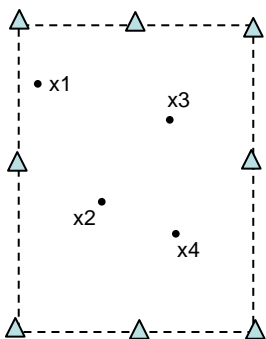


Notes:

This session is designed to progress the players through a session that covers turning and shielding.

Thanks to Kimberly Grunberg

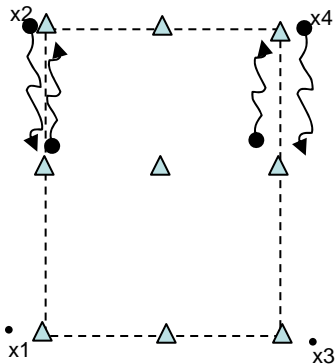
Progression: (Warm-up)
 Exercise: Dribbling
 Time: 10-20 Minutes



In a 20x10 grid, have the players dribble around.
 Next Step: Dribble around in the grid and try to knock someone else's ball out while protecting your own. The objective is to see who can keep the ball the longest. See who is aware of how to turn and shield. Pause for stretching.

Progression: Go over turns. Demonstrate 1 turn at a time and have them dribble around, practicing with both feet. On the outside hook turn, emphasize the locking the ankle and bending the knees. On the pullback turn, emphasize playing the ball outside of the body. Emphasize on all turns bending the knee and accelerating out of turns.

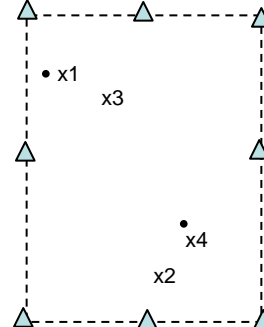
Progression: 2
 Exercise: Turns
 Time: 20 Minutes



Practice the turns one at a time. Put 4 players in one grid. On command, have the players dribble towards the middle cone. On the next command, have the players execute the turn and accelerate out of it back to where they started. Practice each turn about 5 times. If X2 and X4 go at the same time, then they recover while X1 and X3 execute the turns.

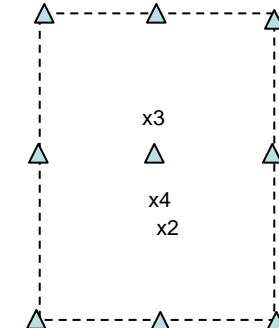
Emphasize knee bent on the plant leg, playing the ball outside of their feet, and accelerating out of the turn to lose the defender.

Progression: 3
 Exercise: 1v1 Shielding
 Time: 5-10 Minutes



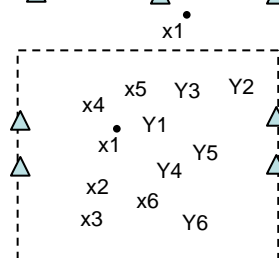
Returning to the original 20x10 grid, assign 1 ball per set of partners. One partner defends lightly while the other shields. Switch after 1 minute. Emphasize knees bent, arms out to feel defender, open stance to keep the ball farthest from defender, head up to see the field, and leaning in to feel the defender.

Progression: 4
 Exercise: Receiving and Shielding
 Time: 10 Minutes



In the 20x10 grid from Progression 2, X1 passes to X2, who shields from X4. The play is over when X4 wins the ball and then passes it to X3. The defense is full speed. Switch roles. Emphasize technique.

Progression: 5
 Exercise: 6v6
 Time: 35 Minutes



In a 35x35 or a 40x40 grid, depending on skill level, play 6v6. Be sure to praise when appropriate and look to paint the picture. Encourage turns & shielding ball.