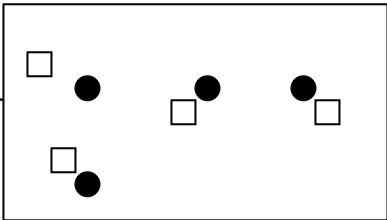
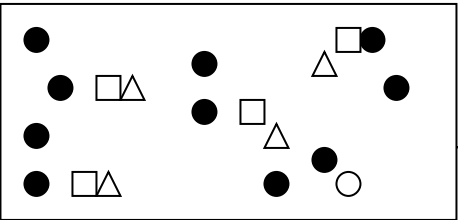
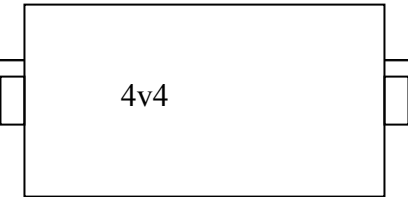
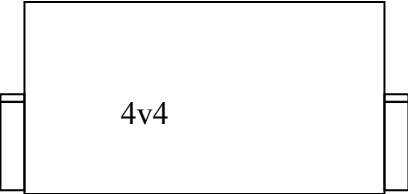




Name: Tony Marino

Topic: Dribbling - Shielding

Date:

<p>FUNDAMENTAL – WARM UP</p>	<p>ORGANIZATION</p>	<p>KEY COACHING POINTS</p>
	<ul style="list-style-type: none"> 1 player shields the 30 seconds, then switches with defender Defender gets 1 point for touching ball Play a few rounds then mix up with new partners 	<ul style="list-style-type: none"> Keep body between ball and defender Play ball with foot farthest away from def. Keep body at right angle or “side on” to defender Low center of gravity Arms out slightly for balance, protection and to feel where defender is
	<ul style="list-style-type: none"> Players have 1 minute to dribble through as many goals as possible. Each goal is worth 1 point. If defender wins the ball, switch roles and continue playing <p>Progressions: 1. Start in shielding position</p>	<ul style="list-style-type: none"> Keep ball far away from defender If defender gets close, turn body to shield ball Get low and bend knees Get feet on line between ball and defender
 <p>4v4</p>	<ul style="list-style-type: none"> Play 4v4 No restrictions on players 	<ul style="list-style-type: none"> Hands out to feel defender If player w. ball does not feel defender, turn and go forward Protect ball
 <p>4v4</p>		<ul style="list-style-type: none"> Observe to see if session has helped with player's ability to shield ball when defender is very close and space is limited.

