

17 December 2022

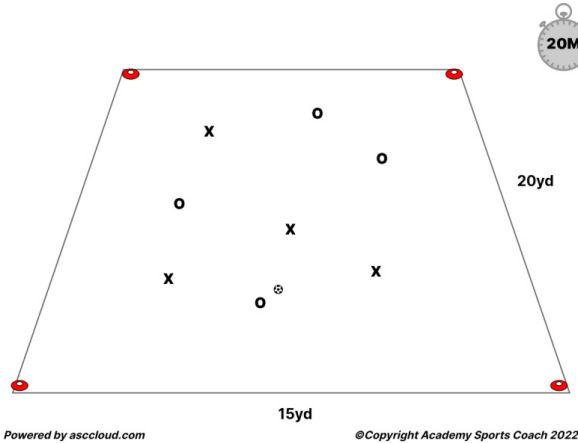
Tom Sauder, Greg Sawatsky

Age group:

U14s

Shielding & Switching (FIFA 11 W/U)

11:30 a.m. - 1:00 p.m.



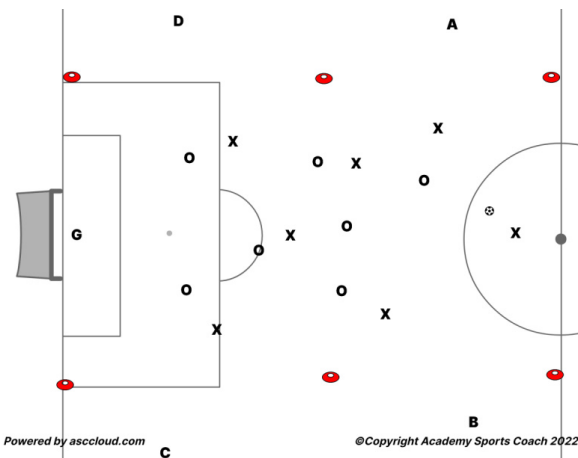
Organization: 4v4 in 15 x 20 area

Description: Shielding

Players keep possession in grid. Player who receives or wins ball must decide: can I move (dribble, pass) ball or do I need to shield and wait for support or turn into space?

Coaching Points:

To shield use body-body-ball principle. Spread arms and bend knees to protect space around player and ball. While shielding keep head up to look for support passing option or space to turn and dribble into.



Organization: ½ field, 2 outside lines

Description: Switching Play

Team X attacks goal and starts play at half. Before they can attack goal they must play a pass to a player running into zone A or B. Then they must switch play diagonal, A to C or B to D to a player running into those zones. Players cannot be challenged in wide zones. If defending team wins ball they score a point by passing to a player running into zones A or B. If successful attacking team restarts. If attacking team wins ball from defending team they must play to zones A or B and switch again. Rotate teams after 10 minutes.

Coaching Points:

Two touch passing. Switch through a central player. Anticipate pass to wide lanes and make runs. All previous principles apply: 1st/2nd defender, pass interception, 2nd balls, open up 1st touch.

Game

Session