



Tactics Manager



Coach: Renata Lawson
Club: Copper Mountain Soccer Club
Role: Director of Coaching
Qualf: USSF 'D' (United States)

Date: 13/02/20

Duration: 1:00 hour

Session Develop an awareness to better shield & turn

Time: N/A

Age/Level: U5 - U18

Objective: around pressure

4 -- Shielding

Shielding Warm Up (5-7 minutes)



Description:

First begin by having all players with a ball practicing toe taps, toe taps in a circle, forward and backward toe taps for several minutes. Afterwards, have players partner up with one ball. Give each player a turn to shield the ball from their partner for 30 seconds. Players without the ball count how many times they touch the ball in 30 seconds. They shouldn't try to take it away, just get a touch on the ball. Play a second round to see if the players shielding the ball can prevent the defender from beating their previous score.

Coaching Points:

When shielding, players should keep their body between the defender and the ball holding the ball away from the defender's reach. Encourage players to move the ball from side to side instead of trying to outrun their defender. Players should also stay low and balanced with the ball at their feet, feeling for possession so they can watch for the defender.

Freeze Tag (15 minutes)



Description:

In a 30x30 yard square, 1/4 to 1/3 of the players are taggers without a ball. If a tagger touches a player's soccer ball, that player picks up their ball, holds it above their head, and freezes with their legs forming a goal. Other dribblers can unfreeze them by passing the ball through their legs. If all of the dribblers are frozen in two minutes the taggers win. After two minutes switch taggers.

Coaching Points:

Remind players to constantly check their surroundings and move away from pressure. Encourage players to keep the ball close and keep changing directions so they're unpredictable. Teach them to shield and turn when pressured instead of trying to go through defenders.



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Jurassic Park (15-20 minutes)



Description:

One team are the scientists each with a ball, and the other team are the dinosaurs. The dinosaurs try to steal the balls from the scientists and shoot them into the goal. Once a ball is in the net it is out of play. The scientists try to keep possession of each ball as a team. If they can keep at least one ball in play before 3 minutes is up, they win. If not, the dinosaurs win. Play 4 times so each team plays both roles twice.

Coaching Points:

Players should constantly be checking their shoulder for pressure and space, keeping track of teammates for support, and communicating. Remind them to shield and turn to find space and keep possession.

Scrimmage (15-20 minutes)



Description:

Game

Coaching Points:

Remind players to shield and turn around pressure, and communicate with teammates. Stay low and balanced shielding while keeping the ball out of the defenders reach.