



Technical Learning Outcomes

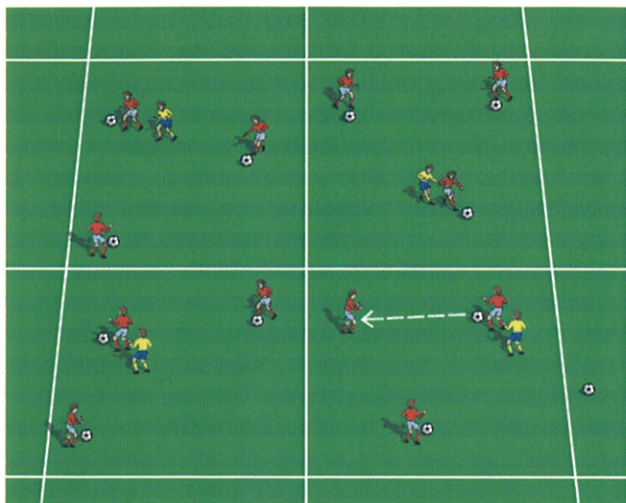
Shielding

- Body in between ball and the defender
- Stay sideways-on to protect the ball and provide balance
- Body weight is on the leg nearest to the defender
- Extend your arms to feel the defender
- Move the ball with furthest surface
- Head up to observe available options
- Prepare your next action



New York Red Bulls – Practice Activity

Activity #	W400	Curriculum	Advanced
Section	Warm Up	Topic	Shielding
Key Learning Outcome(s)	Keeping the body in between ball and the defender – Body Shape		



Activity W400 – Advanced – Shielding

Organization

1. Four 10 x 10 Yard Areas
2. 4 Players in each area
3. 3 attacker and 1 defender
4. Each attacking player has a ball

Instructions

1. The attackers must attempt to maintain possession of their own ball for as long as possible
2. The defending players must attempt to dispossess all attacking players'
3. When the defender wins the ball they must pass it outside of the area, once the ball is outside the area it can not be used again by the attacking team
4. If any attacker loses their ball they must work with a teammate to help maintain possession
5. The game is over if the defender wins all three balls or after a set time limit given by the coach
6. Switch the defending players at regular intervals

Coaching Points

1. Body in between ball and the defender
2. Body weight is on the leg nearest to the defender
3. Head up to observe available options
4. When the defending player is behind you move the ball with furthest surface away from them

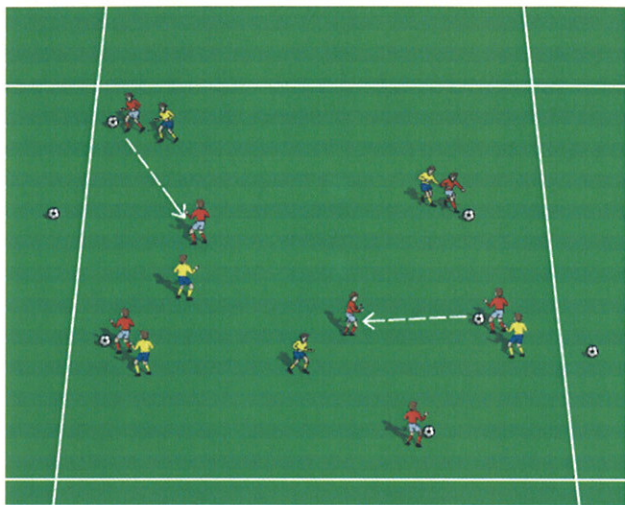
Progression/Regression:

1. P – Play two defenders against two attackers
2. R – Allow each attacker one life, so that the ball must be kicked from the area twice before they work with their teammates



New York Red Bulls – Practice Activity

Activity #	W401	Curriculum	Advanced
Section	Warm Up	Topic	Shielding
Key Learning Outcome(s)	Shielding the ball in preparation for next action		



Activity W401 – Advanced – Shielding

Organization

1. 20 x 20 yard area
2. 6 attackers and 6 defenders
3. Each attacking player has a ball

Instructions

1. The attackers must attempt to maintain possession of their own ball for as long as possible.
2. The defending players must attempt to dispossess all attacking players'
3. When the defender wins the ball they must pass it outside of the area, once the ball is outside the area it can not be used again by the attacking team
4. If the attacker loses their ball they must work with a team mate to help maintain possession
5. The game is over if the defending team wins all balls or after a set time limit given by the coach
6. Switch the defending and attacking team at regular intervals

Coaching Points

1. Body in between ball and the defender
2. Stay sideways-on to protect the ball and provide balance
3. If double teamed by defenders look to prepare your next action quickly

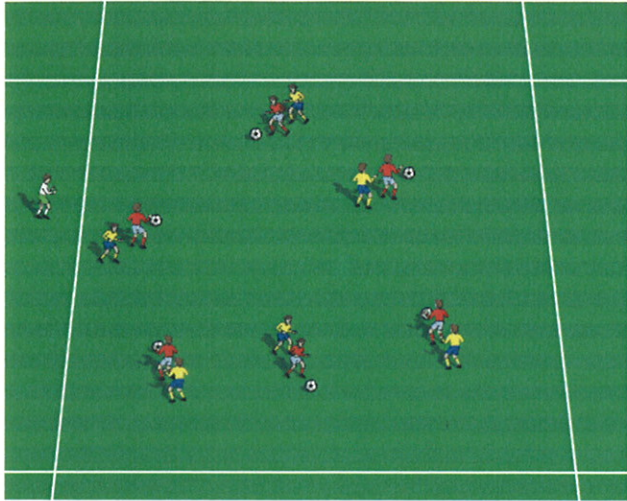
Progression/Regression:

1. P – No pass backs. Players are not permitted to pass the ball back to the player that passed them the ball, this encourages players to hold the ball and pass out in a new direction
2. R – The coach can play balls back inside the area to provide a second opportunity for attackers to possess the ball



New York Red Bulls – Practice Activity

Activity #	W402	Curriculum	Advanced
Section	Warm Up	Topic	Shielding
Key Learning Outcome(s)	Body Shape - Stay sideways-on to protect the ball and provide balance		



Activity W402 – Advanced – Shielding

Organization

1. 20 x 20 yard area
2. 12 players each player works with a partner
3. One is the attacker the other the defender, roles are switched on the coach's shout
4. 6 balls spread out equally around the area

Instructions

1. Each pair has one ball; the attacking player must prevent the defending player from touching the ball
2. The attacker is not allowed to move the ball and must use their body to prevent the defender from touching it
3. On the coaches command players must switch balls and roles
4. A point is scored by the defender if a touch is made or by the attacker if a touch is prevented
5. Players can move in any direction to find a new ball

Coaching Points

1. Body in between ball and the defender
2. Stay sideways-on to protect the ball and provide balance
3. Body weight is on the leg nearest to the defender
4. Extend your arms to feel the defender

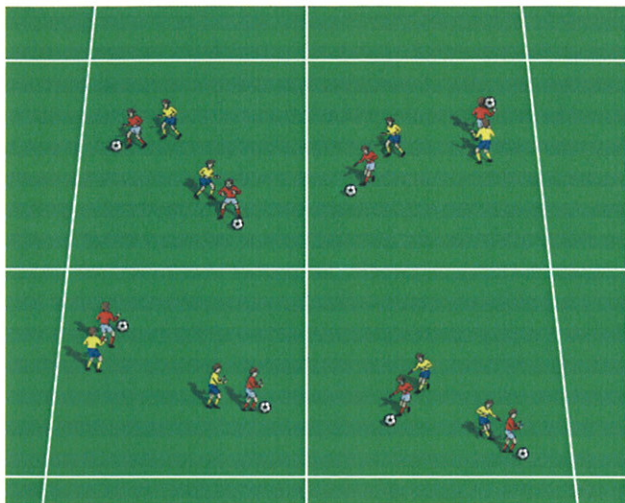
Progression/Regression:

1. P – Move in a clockwise direction so that defender has the opportunity to get to the ball first on a switch
2. R – Reduce the time each player has to protect the ball



New York Red Bulls – Practice Activity

Activity #	M400	Curriculum	Advanced
Section	Main Theme	Topic	Shielding
Key Learning Outcome(s)	Body weight is on the leg nearest to the defender		



Activity M400 – Advanced – Shielding

Organization

1. 10 x 10 yard area – 4 players in each area, or less depending on group size
2. Players work in pairs
3. One ball per pair

Instructions

1. The idea of the activity is to keep the ball for as long as possible inside the area
2. If the defending player wins the ball they give it back to the attacking player to ensure all players receive equal amount of time on the ball
3. The attacking player starts with ten points, a point is lost each time his ball is kicked outside the area
4. Switch after a set time to allow each player the opportunity to shield

Coaching Points

1. Body in between ball and the defender
2. Stay sideways-on to protect the ball and provide balance
3. Body weight is on the leg nearest to the defender
4. Extend your arms to feel the defender

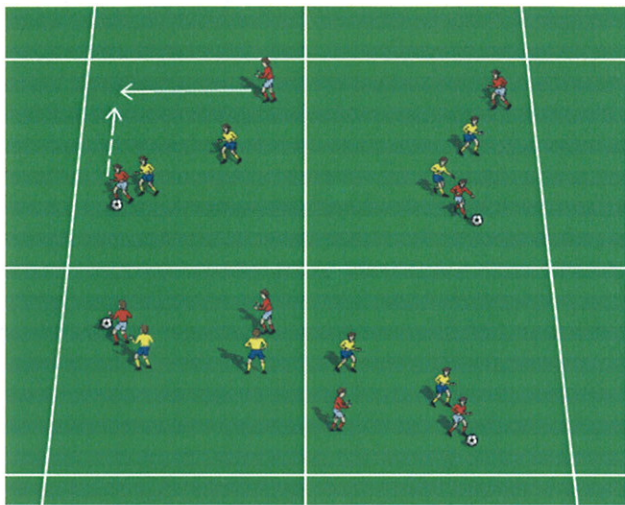
Progression/Regression:

1. P – If the defender now wins the ball they become the attacker
2. R – Increase the area and have all players play within a 25 x 25 yard space to allow more opportunity to move the ball into space.



New York Red Bulls – Practice Activity

Activity #	M401	Curriculum	Advanced
Section	Main Theme	Topic	Shielding
Key Learning Outcome(s)	Stay sideways-on to protect the ball and provide balance		



Activity M401 – Advanced – Shielding

Organization

1. Four 10 x 10 Yard Areas
2. 4 Players in each area
3. 2 attackers and 2 defenders
4. Each group has a ball

Instructions

1. The attackers must attempt to maintain possession for as long as possible
2. If the defending team wins the ball they attempt to possess the ball
3. A point is lost each time the ball is won
4. Each team starts with ten points
5. Work for short period and rest as the activity can be very tiring
6. Rotate partnerships so that each team has the opportunity to play someone new

Coaching Points

1. Body in between ball and the defender
2. Head up to observe available options
3. When the defending player is behind you move the ball with furthest surface away from them

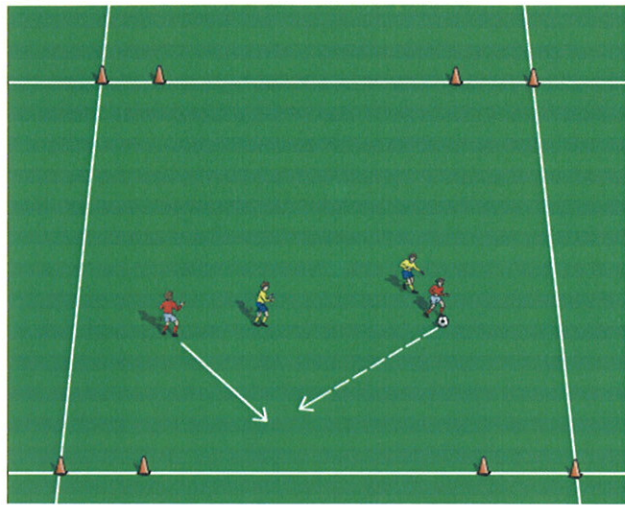
Progression/Regression:

1. P – Increase to 4 vs 4. Over two 10 x 10 yard areas (20 x 10)
2. R – Play 3 vs. 1 with one player feeding the ball from the outside into the attacking team (total of 4 players)



New York Red Bulls – Practice Activity

Activity #	M402	Curriculum	Advanced
Section	Main Theme	Topic	Shielding
Key Learning Outcome(s)	Keep head up to observe available options		



Activity M402 – Advanced – Shielding

Organization

1. 10 x 10 yard area
2. 2 vs. 2
3. Two small goals on each end line

Instructions

1. Players score by dribbling the ball through one of their opponents the goals
2. The area is kept very tight to make scoring very difficult and the focus on possessing the ball as a team
3. If the ball leaves the area players re-start the game with a kick-in
4. Rotate teams at set intervals

Coaching Points

1. Body in between ball and the defender
2. Move the ball with furthest surface
3. Head up to observe available options
4. Prepare your next action

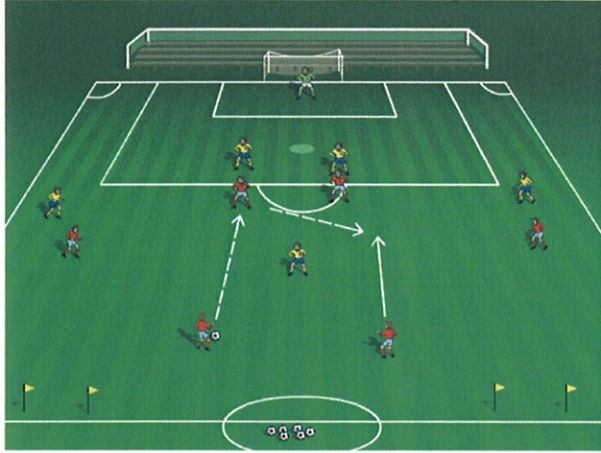
Progression/Regression:

1. P - Add goalkeeper and goals
2. R – Dribble over the end line to score



New York Red Bulls – Practice Activity

Activity #	M403	Curriculum	Advanced
Section	Main Theme	Topic	Shielding
Key Learning Outcome(s)	Technical application of correct technique in game setting		



Activity M403 – Advanced – Shielding

Organization

1. Half field
2. 6 attackers, 5 defenders and a goalkeeper
3. One large goal, two counter goals marked out with cones or flags on the halfway line
4. Supply of balls situated at the halfway line to help maintain a flow

Instructions

1. The activity starts with one of the midfield two passing the ball into one of the front two
2. Defenders are then active as the forward receives the ball
3. Attackers look to combine to score in the large goal
4. If the defenders win the ball they look to score into one of the two counter goals
5. If the ball leaves the field normal re-start rules apply, throw-ins, corner, goal kicks

Coaching Points

1. Body in between ball and the defender
2. Stay sideways-on to protect the ball and provide balance
3. Body weight is on the leg nearest to the defender
4. Extend your arms to feel the defender
5. Move the ball with furthest surface
6. Head up to observe available options
7. Prepare your next action

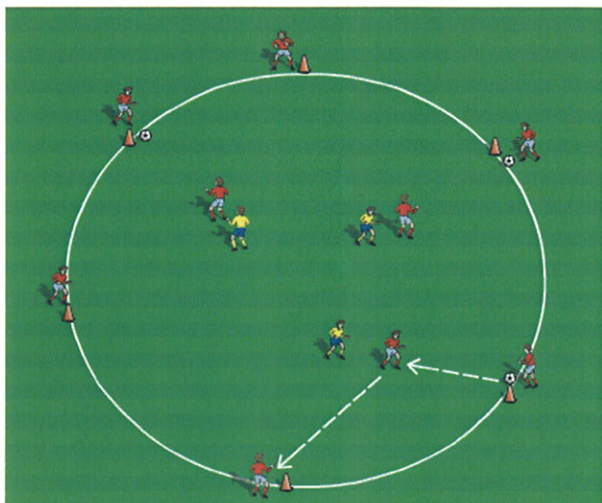
Progression/Regression:

1. P – Play to two goals, add a second goalkeeper and play 6 vs. 6
2. R – Take away the defensive central midfield player



New York Red Bulls – Practice Activity

Activity #	M404	Curriculum	Advanced
Section	Main Theme	Topic	Shielding
Key Learning Outcome(s)	Keeping your body in between ball and the defender		



Activity M404 – Advanced – Shielding

Organization

1. A large circle 20 yards in radius
2. 3 vs.3 on the inside of the circle with six player positioned around the outside.
3. On the outside three players have a ball, three are without.

Instructions

1. Attackers on the inside of the circle receive the ball from one of the players on the outside
2. Once they receive the ball they must look to make a pass to a different player on the outside
3. There are three attackers working at the same time and three soccer balls, so the attackers must work hard to pass to players on the outside that don't have a ball
4. Players score a point for each successful attempt, but lose a point if the defender wins the ball
5. Rotate players at regular intervals

Coaching Points

1. Body in between ball and the defender
2. Move the ball with furthest surface
3. Head up to observe available options
4. Prepare your next action

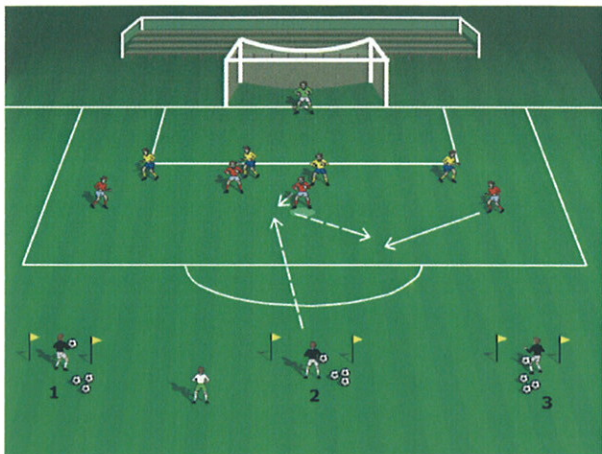
Progression/Regression:

1. P – Reduce the size of the circle so there is less space to turn into
2. P – Increase the number of balls on the outside so there are less players to pass to, forcing players in the middle to hold the ball longer
3. R – Allow attackers to pass the ball back to the same outside player that feeds them the ball
4. R - Reduce the number of defenders to play 3 vs. 2 in the center



New York Red Bulls – Practice Activity

Activity #	M405	Curriculum	Advanced
Section	Main Theme	Topic	Shielding
Key Learning Outcome(s)	Technical application of correct technique in game setting		



Activity M405 – Advanced – Shielding

Organization

1. 44 yards x 35 – width of the penalty area
2. 4 attackers, 4 defenders, 1 Goalkeeper, 3 feeders.
3. One full size goal, three counter goals marked by flags or cones.
4. Supply of balls with each feeder.

Instructions

1. The coach calls a number (1, 2 or 3) that player then feeds the ball into the attacking team
2. The attacking team must look to combine and score into the big goal
3. They are not permitted to score from the first pass but must hold the ball and combine before shooting
4. If the defending team wins the ball they must pass the ball between the markers back to the feeder and the game re-starts on the coaches command
5. If the ball leaves the area the coach calls for a new ball to be played in

Coaching Points

1. Body in between ball and the defender
2. Stay sideways-on to protect the ball and provide balance
3. Body weight is on the leg nearest to the defender
4. Extend your arms to feel the defender
5. Move the ball with furthest surface
6. Head up to observe available options
7. Prepare your next action

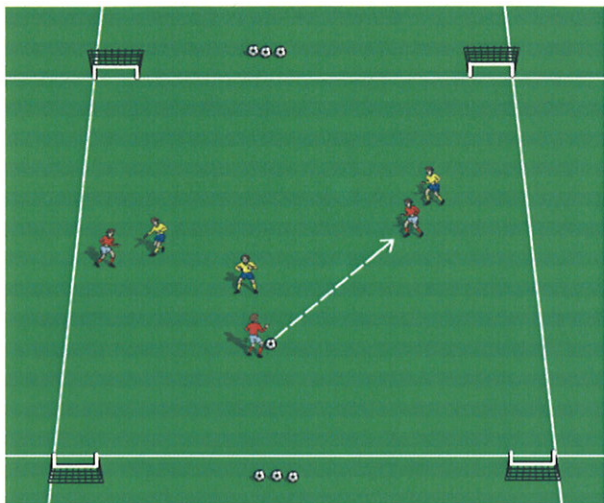
Progression/Regression:

1. P – The player that feeds the ball inside the area now becomes a recovering defender to make a 4 vs. 5
2. R – 3 vs. 3 inside the penalty area to allow more space and time



New York Red Bulls – Practice Activity

Activity #	C400	Curriculum	Advanced
Section	Conditioned Game	Topic	Shielding
Key Learning Outcome(s)	Application of correct technique in game setting		



Activity C400 – Advanced – Shielding

Organization

1. 30 x 20 yard area
2. 3 vs. 3
3. Two small goals on each end line
4. Spare balls around the outside to allow the game to flow

Instructions

1. Teams attempt to score in one of the two goals positioned on their opponents' end line
2. If the ball leaves the field the game is re-started with a kick-in
3. Teams are not permitted to score directly from any re-starts, thus creating the opportunity for players to hold the ball and apply their newly learnt technique
4. Rotate teams after set intervals

Coaching Points

1. Body in between ball and the defender
2. Stay sideways-on to protect the ball and provide balance
3. Body weight is on the leg nearest to the defender
4. Extend your arms to feel the defender
5. Move the ball with furthest surface
6. Head up to observe available options

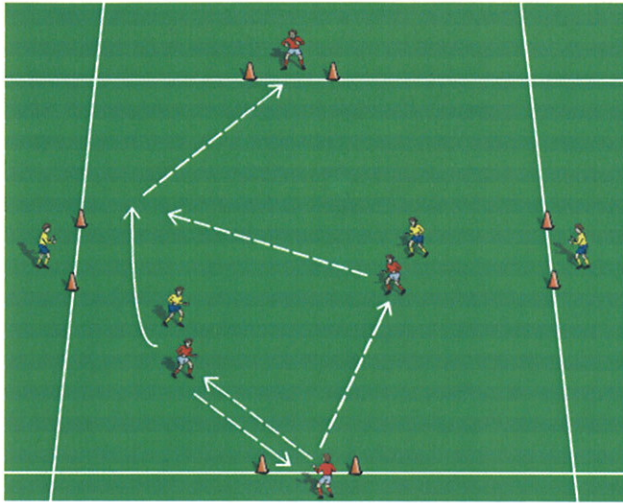
Progression/Regression:

1. P – 4 vs. 4, same size field
2. R – 2 vs. 2, same size field



New York Red Bulls – Practice Activity

Activity #	C401	Curriculum	Advanced
Section	Conditioned Game	Topic	Shielding
Key Learning Outcome(s)	Application of correct technique in game setting		



Activity C401 – Advanced – Shielding

Organization

1. 20 x 20 yard area
2. 2 vs 2 in the centre of the area with two players either side of the area as targets
3. 5 yard gates are set up as target areas from outside players
4. One ball is required

Instructions

1. The game starts with one of the targets players passing the ball to their teammate inside the area
2. A point is scored by passing the ball to the second target at the opposite side of the area
3. Inside plays can pass the ball backwards to targets at anytime, but must pass to both targets in order to score
4. Target plays must stay in their target areas; if a pass is played outside their target area the opposing team wins possession
5. If the defending team wins the ball they must pass outside to their target player in order to re-start the game

Coaching Points

1. Body weight is on the leg nearest to the defender
2. Extend your arms to feel the defender – hold or turn and roll them, as the ball arrives
3. Head up to observe available options
4. Prepare your next action

Progression/Regression:

1. P – 3 vs. 3 on the inside
2. P – No pass backs to targets once the ball is played inside the area
3. R – Defenders can only intercept the ball and are not permitted to tackle
4. R – Wider target areas