

Shielding

Set up a channel (s) 10 feet wide x 15 long (make bigger if required)

- Two players
- One ball placed in the middle
- Players start with their back to the ball at the far end of the channel
- Coach shouts go
- Players compete for the ball and shield from the opponent

Coaching points:

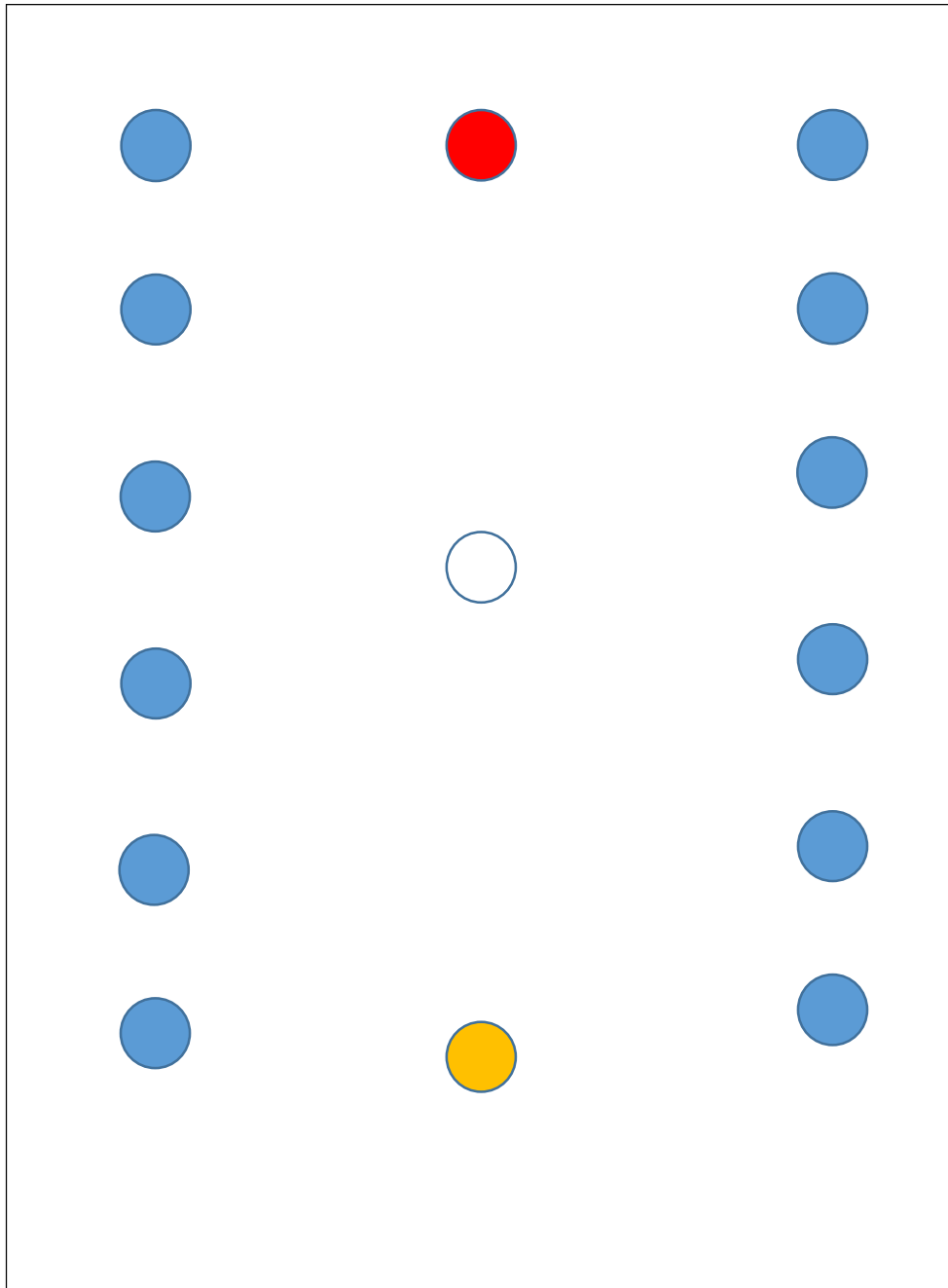
- Remind them to keep their body between the ball and the opposition
- Remind them of the basic technical points from other sessions, such as sole rolls, drag backs and toe taps which can be used here
- Remind them to keep the ball under control but as far away from the opponent as possible
- The object is to get the opposite end of the channel by shielding or breaking away when possible
- Don't allow just to kick the ball to the other end – they must work it

Body position

- Surfer position with arm outstretched to keep the opposition away
- Bum out to push the opposition away
- Bend knees and get low to ground to make it hard to knock off balance

Shielding 1v1

Set up the same channels for more pairs if required



Changing the grid size for 2v2

See video for set up – read below

- If you have multiple player's you'll have the channels line up next to each other
- This makes it easy to make a bigger area for 2v2
- Simply remove the middle two rows of cones to leave a rectangle
- Its automatically double the area so perfect for 2v2
- Make the area bigger if required to make it easier
- Make it smaller to make it harder (I'd recommend 20 x 20 is the smallest)

Changing the grid to 4v4 or 5v5 to Game

- If you have 8-10 players playing 2v2 simply removing the middle row of cones separating the 2v2's grid will double the area size. Perfect 4v4
- Set up two goals at either end
- Have plenty of balls around the pitch so the game does not stop