

# Shielding, screening & combination play

## Practice organisation

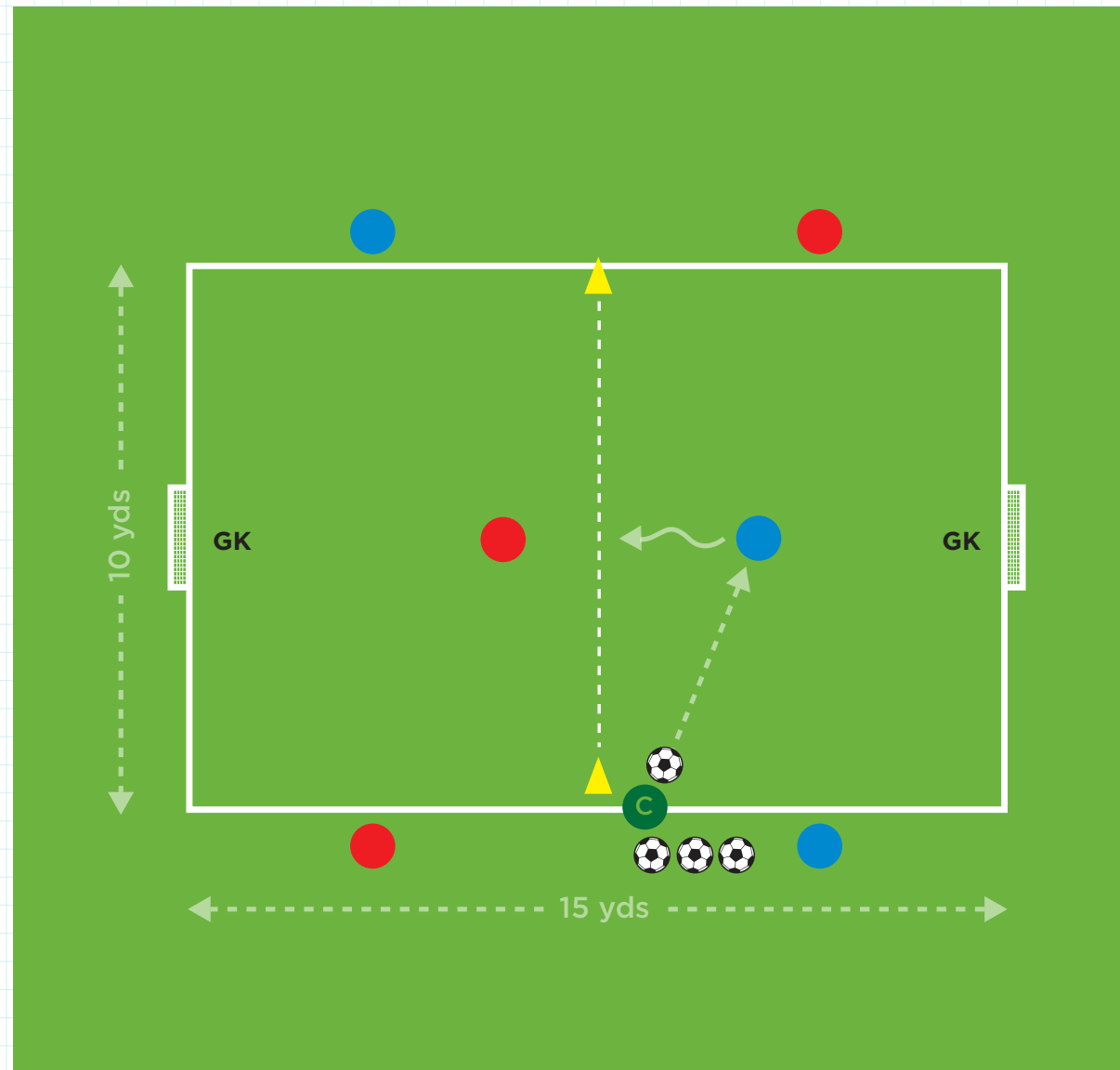
- Area 15x10yds, with half way line marked & goals at each end, as illustrated.
- 8 players (incl. 2GK's) arranged 1 v 1 inside practice area & 4 (2 from each team) on outside, as shown in diagram.
- Supply of balls with coach.
- Practice starts with: coach feeding ball into Attacker.
- Objective of practice: each team attempts to score in opponent's goal in 1v1 situation.
- Player in possession is able to use support from team mate(s) on outside to retain possession & create new angles of attack.
- 5 points awarded for each goal.
- Continue playing from GK save.
- Players rotate position after each attack

## Detail

- Area modified depending on age & ability of players.
- Passing, moving & dribbling techniques.
- Individual defending techniques.
- Making early decisions & selection on retaining ball or combining with team mate.
- Reaction to loss of possession to prevent opponent taking ball on & scoring.
- Simple progressions for this practice are:
  - If player in possession feels threatened by D: pass to team mate on outside who can dribble infield & attack goal.
  - Player on outside can work inside practice area to make 2v1, if used as a pass outlet.
  - If 2v1 is created with use of player from outside: a 2nd. D can enter to make 2v2.
  - When 2v2 situation is established: 3rd. A is allowed to join-in to make 3v2.
  - If D's gain possession in 2v3, their final player can join-in to establish quick counter-attack & 3v3 situation..

## Key coaching points

- Screening, shielding, turning & dribbling techniques.
- Appropriate selection & execution of technique.



- Use of body feints to unbalance opponent & change of speed to get past opponent (moving slowly to go fast).
- Drawing/engaging opponent.
- Creating space to beat opponent & exploiting space in behind.
- Maintaining composure when challenged & turned around by good defending.
- Use of peripheral vision to identify outlet passing opportunity to team mate on outside.
- Good balance & concentration in defensive role.
- Not committing to tackle & channelling play away from goal.
- Maintaining good defensive position between ball & goal.
- Blocking shots & recovering possible rebounds.