



## SHIELD STEAL

### Emphasis:

This game focuses on dribbling, shielding, turning and movement with the ball.

### Game Info:

This is for ages U6-U10. It is best run with at least 4 players but no more than 16 players. The game should be run approximately 15 minutes on a small field.

The coach will also make sure they have the following equipment: cones

### Setup:

Outline a 20X20. Half of the players in the group have a ball and half do not. If you do not have a ball, you have to steal it from a player who does.

### Instructions:

Tell half the players to get a ball. The other half does not have a ball. The players with a ball have to move and not allow the players without a ball to steal their ball. If the ball goes out of bounds, the person who touched it last does not get possession.

Players cannot recover the ball they lost, they have to go and steal a ball from another player. Do not allow the players to be overly aggressive

### Progression:

- Designate 2-3 players initially, without a ball, to be the "stealers". This way, more players get touches on the ball
- Put cones down and have the players with a ball dribble through the cones.

### Coaching Points:

- Head up to see the ball and the players without a ball
- Keep the ball in close control
- Move the ball using as many surfaces of the foot as possible
- Place the body between the ball and the player without a ball
- Arms raised for balance to keep players away from the ball
- Turn away from the player without a ball (pressure)