***Session: Shielding and Arm battling***

***Objective: teach possession of the ball through proper body positioning and introduce “battling” with arms***

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| ***Warm Up:10 Minutes***  ***1.Never the same direction twice:2 min***  ***2.Players in a grid dribble at each other and avoid contact with possessive moves***  ***3.Knockout*** | ***Coaching points***  ***1players ability to retain ball under pressure***  ***2.utilizing body properly to come between ball and defender “shield”*** | ***Progression***  ***1.challenge players to increase rate of knocking players out of the grid***  ***2. add multiple movement to increase creativity and dexterity*** |
| ***Education: 15Minutes***  ***Fox and the hound with bib***  ***Fox and hound with ball***  ***Arm Battling***  ***2 lines arm battling to win ball*** | ***Coaching points***  ***Make sure players are positioning hip without the bib-ball to shield defender from hip with the bib-ball***  ***Knees bent –arm bent and extended***  ***Outside of the hand technique to off balance opponent*** | ***Progression***  ***Focus on proper technique increase defensive pressure as proficiency increases*** |
| ***Reinforcement Games 15 Minutes***  ***1.Dueling hugodors***  ***2. keep away game*** | ***Coaching points***  ***1.Utilizing body techniques to win and possess ball*** | ***Progression:***  ***1.Begin keeping score when maturity and competency are at appropriate levels*** |
| ***Games 15 Minutes***  ***1.Play soccer game two goals at each end*** | ***Coaching points***  ***1.Utilizing moves in game situation***  ***2. stimulate thought process through giving points and praise creativity*** | ***Progression:***  ***1.Begin keeping score when maturity and competency are at appropriate levels***  ***2. Build in stipulations like rotating the field*** |
| ***Warm down/Discussion 5 min***  ***1.Review session stressing no more than 3 points*** | ***Coaching points***  ***1.attempt to get as much feedback from as many kids as possible*** | ***Progression:***  ***1.As maturity exists ask players their perception of 3 most important points*** |