***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***  |