

**THEME**

1 v 1 Shielding, Turning and Finishing with Transition to Defend

DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

A functional practice designed to improve players 1 v 1 ability in movement, shielding, turning and finishing with transition to defend

**ORGANISATION**

- Area 20 x 15 metres
- 1 Blue v 1 Yellow + 1 Goalkeeper with Coach acting as server
- Both players start inside the area with the Blue player looking to create movement to receive the ball from the Coach
- On receiving the ball, the Blue player must shield the ball from the Yellow player before attempting to turn and finish in the large goal as seen in the diagram above
- If the Yellow player or Goalkeeper wins the ball, they must pass through either of two small goals at the opposite end

KEY FACTORS

- Quick awareness and movement
- When shielding can player take the ball on foot furthest away from defender while having a side on position, can the player keep the defender at arm's length
- Can player change direction (turning) with the ball under pressure
- If defender is very tight can Attacker turn off their first touch
- Quick acceleration while dribbling after turning defender
- Quality of Finish
- If ball is lost quick transition to defend

NOTES

Make sure that players play till goal is scored or ball goes out of play and are aware of the transitions. If players of good quality give them time limit to score

