



★ RECREATIONAL ★ COACHING CURRICULUM

SHIELDING TECHNIQUE

Shielding is the technique used by players to protect the ball from a defender.



Best Used

- To protect the ball and keep possession.
- To waste time.

Technical Breakdown

- The attacking player should place their body in-between the ball and the defender.
- The attacker should make themselves as big as possible by positioning their body sideways, use their arm to feel for the defender and their further foot to manipulate the ball.
- Players should bend the knee of their non-kicking foot and lower their center of gravity to remain balanced and strong.
- Use the sole of the foot to manipulate the ball from side to side.
- After protecting the ball try to create separation from the defender by moving forwards and off them.
- Attackers should use their body and the sole of the foot to role the defender if they try to win the ball.

Common Mistakes

- Ball is shown to the defender and allows them to steal, because:
 - Body is square instead of sideways on.
 - Player is upright and hasn't lowered their center of gravity, so the ball is too close to the body.
 - Arm is not extended to feel defender and keep distance.
- Player is not balanced and fails to stay strong in possession.
- Player doesn't recognize / feel that the defender is trying to come around the side to steal the ball.