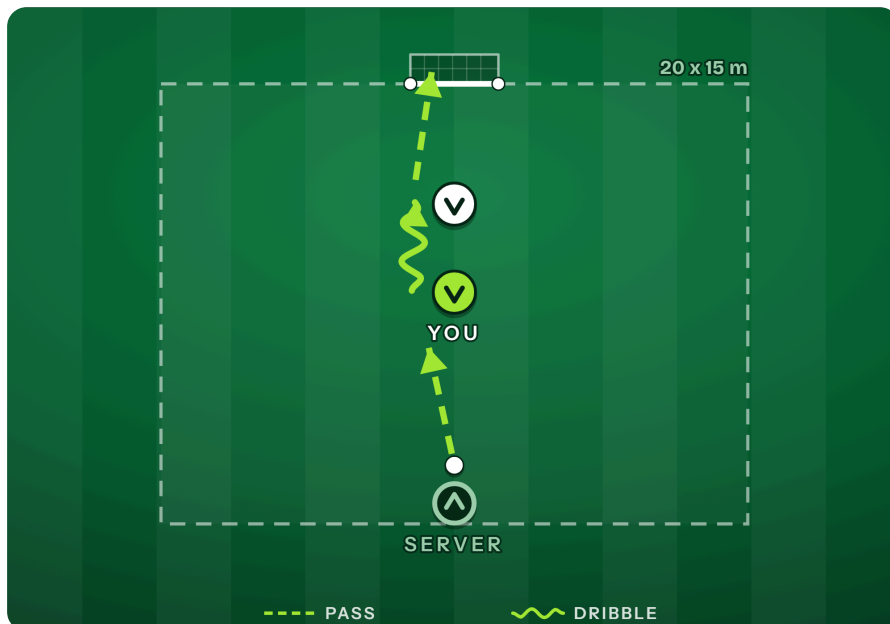




Back to goal: hold it up

TECHNICAL & TACTICAL · SHIELDING ·
3 PLAYERS (YOU, A SERVER AND A DEFENDER) · AGE 13+

Set up

- A server in front
- A defender behind you
- A ball
- Small goal, 20 x 15 m

Dose

- 4 rounds of 4 goes
- 90 s rest between rounds

4 rounds of 4 goes with 90 s rest between rounds, rotating roles every 4 goes (the Football Reach target, not an FA rule).

What it trains

A back-to-goal 1v1: receive with a defender behind you, shield the ball low and wide on your far foot, then turn the other way when they commit to one side. The FA describes shielding as a barrier between your opponent and the ball.

How it works

- Warm up first. Mark an area 20 m wide and 15 m long with 4 cones, with a small goal in the middle of one end (or 2 cones 3 m apart). Use a size 5 ball.
- Stand about 7 m out with your back to the goal. The defender starts 2 to 3 m behind you, goal side. The server stands on the far line with the ball.
- The server passes to your feet and the defender closes you down. Take it on the foot furthest from them, get low and wide, and shield it.
- When they lean round one side, turn the other way and shoot along the ground. If they stay tight and you cannot turn, lay it back to the server.
- Rotate roles (server, attacker, defender) every 4 goes.

Coaching points

- Low and wide, far foot**
Sit low with your knees bent and your feet wide, side on to the defender, and keep the ball on the foot furthest from them, so your body stays between them and the ball (FIFA: move it with your furthest foot). Arms out for balance only.
- Turn away from their lean**
Feel where they are, with a quick look over your shoulder. When they lean round one side, turn the other way and attack the goal: England Football says play forward as early as you can. If they stay tight, lay it back to the server.

✗ **Not this:** Standing tall with straight legs. You lose your balance easily, and the defender can reach round you to the ball.

➤ HARDER

The defender may tackle for real, always on their feet and never through your back, so you have to feel them and turn faster.

➤ EASIER

The defender only follows you and does not try to win the ball, until the shield and the turn feel natural.

🛡️ Safety

- If in doubt, sit them out: anyone with a suspected concussion stops straight away, does no training for at least 24 hours and plays no matches for at least 21 days (UK concussion guidelines).
- Arms out for balance only: no pushing, pulling or holding. The Laws of the Game allow shielding only while the ball is within playing distance and the opponent is not held off with the arms or body.
- Defenders stay on their feet: no slide tackles and no tackling through the back of the player. Keep the ball on the ground.
- Peg or weight the goal down so it cannot tip over. Flat grass with space all round, never a road or driveway.
- Under 16: if your knees or heels hurt when you run, stop and tell an adult; a GP or physio can help.
- Warm up first. Stop if anything hurts and tell an adult.

📅 Track 12 weeks (tick each session)

W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐



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