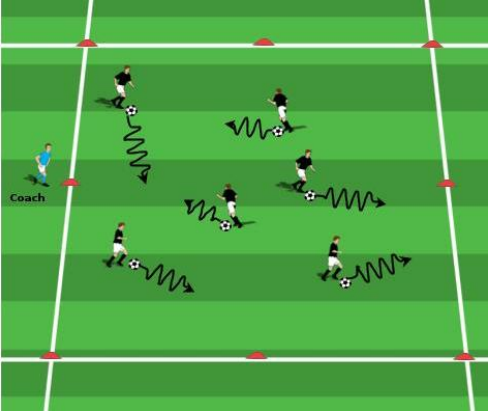
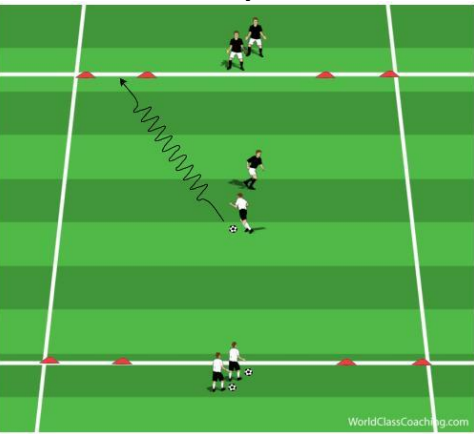


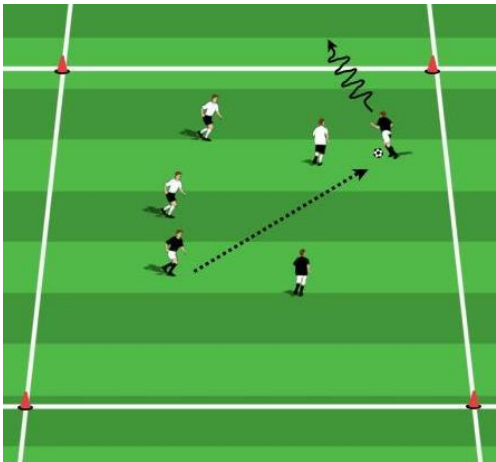

# QuickSkills Soccer

## U9-U10 Session



**Topic:** Dribbling & Moves to Beat Defenders

| Warm-Up   | Organization  |
|---|---|
| <p><b>Warm-Up &amp; Dribbling Moves</b></p> <ul style="list-style-type: none"> <li>• Players in confined area do following dribbling every 3 or 4 touches</li> <li>• Show moves one at a time</li> </ul> <p><b>Dribbling Moves to get past Defenders:</b></p> <ol style="list-style-type: none"> <li>1. <b>Fake n Take</b> – step and dip the shoulder one way then go the other way (shoulder fake)</li> <li>2. <b>Scissors</b> – wave over the ball with one foot then take away with other foot in opposite direction</li> <li>3. <b>Double touch</b> – inside touch with one foot then inside touch with other foot quickly and go past defender</li> </ol> | <p>24x24 yards</p>  <p><b>Coaching Points</b></p> <ol style="list-style-type: none"> <li>1. How quickly can you do the move?</li> <li>2. Can you change speed after you do the move?</li> </ol> |
| Skill Game 1  | Organization  |
| <p><b>1v1 Game</b></p> <ul style="list-style-type: none"> <li>• 2 groups of 4-5 players</li> <li>• The dribbler starts with a soccer ball and tries to score by <u>dribbling</u> (not kicking) through <u>either</u> of the 2 “dribble goals”</li> <li>• On the dribblers touch, the first defender goes to try and get the ball</li> <li>• If defender gets the ball he or she can score</li> <li>• Players switch sides after each turn</li> </ul> <p><b>Coaching Points</b></p> <ol style="list-style-type: none"> <li>1. Can you trick the defender with moves?</li> <li>2. Can you change speed to get through the “dribble goals” fast?</li> </ol>        | <p>12x12 yards</p>  <p>WorldClassCoaching.com</p>   |

| Skill Game 2   | Organization   |
|--|--|
| <p><b>3v3 Game – Dribble across the End Line</b></p> <ul style="list-style-type: none"> <li>Two teams of 3 players play 3v3</li> <li>A team scores by dribbling (not kicking) the soccer ball over the end line of the field</li> <li>Play for set time or number of goals</li> </ul> <p><b>Coaching Points</b></p> <ol style="list-style-type: none"> <li>Can you use one of the moves and try to dribble past the defenders?</li> <li>Can you change speed to get across the end line fast?</li> <li>If you have 2 players covering you can you pass to the open player who should have space to dribble?</li> </ol> | <p>24x28</p>  <p>The diagram shows a rectangular field with a green and white striped pattern. Four red cones are placed at the corners. A dashed arrow indicates a diagonal path from the bottom-left towards the top-right. A solid wavy arrow indicates a path from the top-right towards the top-left. A soccer ball is positioned near the top-right corner, and a player is shown dribbling it towards the top-left corner.</p>                                |
| Final Game   | Organization   |
| <p><b>4v4 Regular Soccer</b></p> <ul style="list-style-type: none"> <li>No Goalkeepers</li> <li>Diamond shape (1-2-1 formation)</li> </ul> <p><b>Coaching Points</b></p> <ol style="list-style-type: none"> <li>Can you try to dribble past the closest player?</li> <li>Can you dribble fast toward the other team's goal?</li> </ol>   | <p>24x32</p>  <p>The diagram shows a rectangular field with a green and white striped pattern. Two goals are positioned at the top and bottom center. Four red cones are placed at the corners. Eight players are positioned in a diamond formation: one at the top center, two in the middle, one at the bottom center, and two in the middle. A soccer ball is positioned near the bottom center, and a player is shown dribbling it towards the bottom goal.</p> |