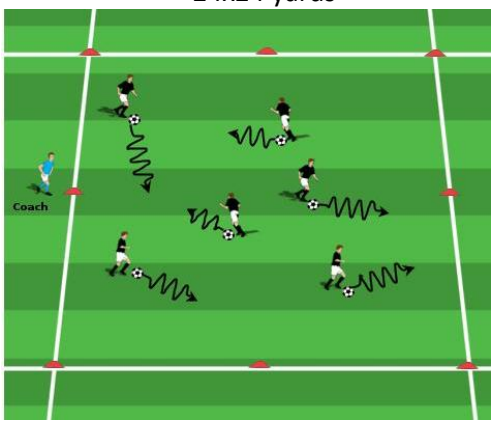
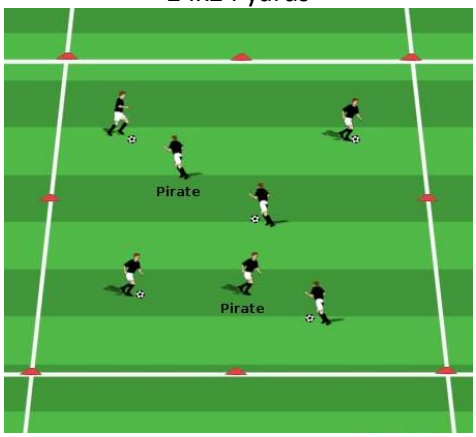
QuickSkills Soccer

U9-U10 Session

Topic: Dribbling & Changing Direction

Warm-Up	Organization
Warm-Up & Dribbling Moves • Players in confined area do following dribbling every 3 or 4 touches • Show moves one at a time with review of surface of foot used to change direction 1. **Cutter** – inside of foot turn 2. **Chopper** – outside of foot turn 3. **Sole Turn** – pull back with sole of foot (in front of the standing foot) and go other way 4. **Stepover** – wave one foot across the front of the ball then turn and go the other way **Coaching Points** 1. How quickly can you do the move? 2. Can you change speed after you do the move?	24x24 yards 
Skill Game 1	**Organization**
Treasure Hunt • Some players start as the "Pirates" without a ball (approx 1/3 of group) • Remaining players dribbling ball in the space • Pirates try to steal another player's treasure (the ball) • If you lose your ball you become a Pirate and try to get another ball **Coaching Points** 1. Players use moves change of direction, and change of speed to get away from the Pirates	24x24 yards 

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Skill Game 2

1v1 Game – Four Corners

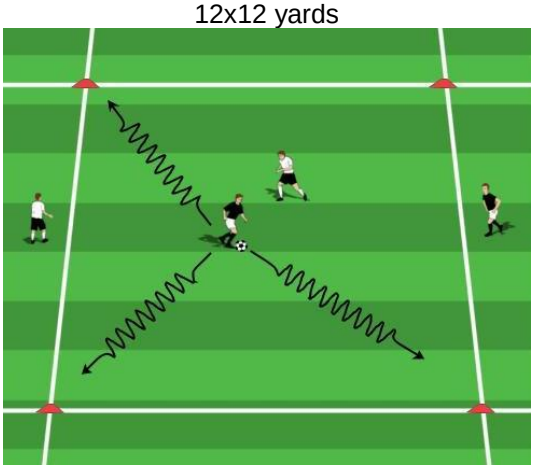
- 2 players active, 2 players resting
- The dribbler starts with a soccer ball and tries to score by dribbling next to one of the 4 cones on the outside
- If the player scores then he or she leaves the ball there and the other player starts with it
- Once a cone is scored on it is "closed" until one of the other 3 cones is scored on
- If defender gets the ball he or she can score
- Play for a set time or score (ex. first player to 3 points) and then switch with the resting players on the outside

Coaching Points

1. Can you trick the defender with moves?
2. Can you change direction and speed quickly to score?

Organization

12x12 yards



Final Game

4v4 Regular Soccer

- Goalkeepers optional
- Diamond shape (1-2-1 formation)

Coaching Points

1. Can you use the dribbling moves we practiced today in this game?

Note

- You can incentivize players to try the moves by adding points for each successful one you see in the game

Organization

24x32

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