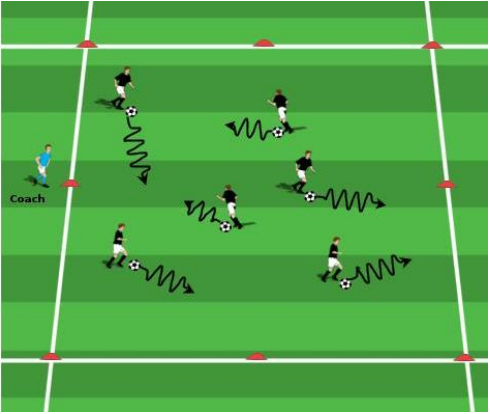
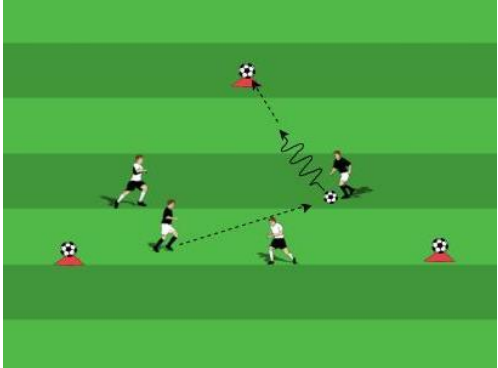


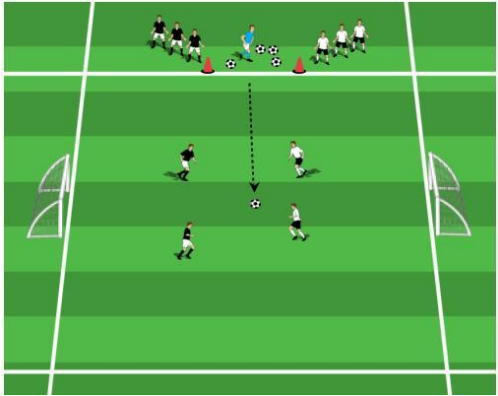
QuickSkills Soccer

U9-U10 Session



Topic: Dribbling & Changing Direction

Warm-Up	Organization
<p>Warm-Up & Dribbling Moves</p> <ul style="list-style-type: none"> • 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 <ol style="list-style-type: none"> 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 <p>Coaching Points</p> <ol style="list-style-type: none"> 1. How quickly can you do the move? 2. Can you change speed after you do the move? 	<p>24x24 yards</p> 
Skill Game 1	Organization
<p>2v2 Triangle Game</p> <ul style="list-style-type: none"> • 2 teams of 2 players • 3 discs placed in triangle with soccer balls on each disc • Teams play to knock over a ball on one of the discs = 1 point • If ball knocked over scoring team replaces ball and other team gains possession to resume <p>Coaching Points</p> <ol style="list-style-type: none"> 1. Players use change of direction moves and speed to get away from defenders and score 	<p>15x15 yards</p> 

Skill Game 2	Organization
<p>2v2 Game (Dribbling & Shooting)</p> <ul style="list-style-type: none"> • Players split up to 2 starting positions • No Goalkeeper's • Coach has all soccer balls in middle and serves soccer ball into the field • 2 players from each team challenges for the ball and try to score in <u>either</u> goal • Each goal = 1 point • First team to certain number of goals wins <p>Coaching Points</p> <ol style="list-style-type: none"> 1. Can you trick the defenders with moves and create space for a shot on goal? 2. What do you do if you have the ball and both defenders come near you? 3. Can you use your teammate to help you score? 	<p>24x24 yards</p> 
Final Game	Organization
<p>4v4 Regular Soccer</p> <ul style="list-style-type: none"> • Goalkeepers optional • Diamond shape (1-2-1 formation) <p>Coaching Points</p> <ol style="list-style-type: none"> 1. Can you use the dribbling moves we practiced today in this game? <p>Note</p> <ul style="list-style-type: none"> • You can incentivize players to try the moves by adding points for each successful one you see in the game 	<p>24x32</p> 