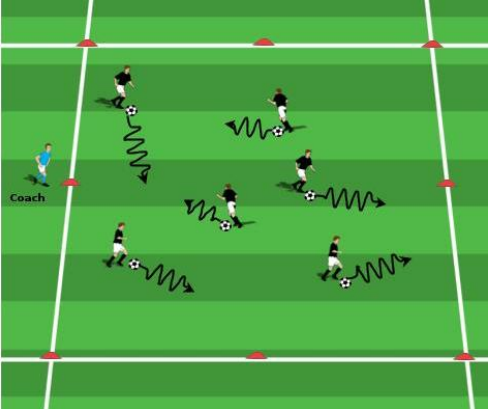
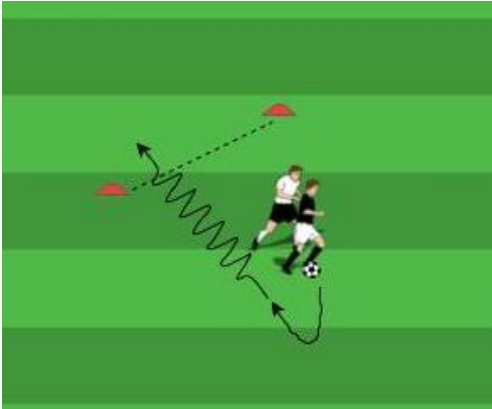


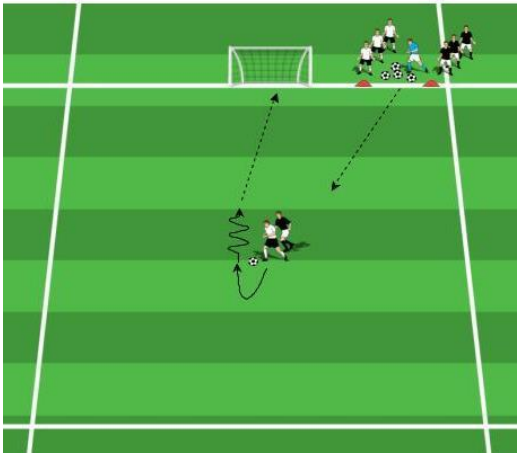
QuickSkills Soccer

U9-U10 Session



Topic: Dribbling & Shielding

Warm-Up	Organization
<p>Warm-Up & Dribbling</p> <ul style="list-style-type: none"> Players in confined area do various dribbling activities <p>Various movements:</p> <ol style="list-style-type: none"> 1. Inside of foot 2. Outside of foot 3. Roll over the ball 4. Step over and turn 5. One footed toe taps 6. One footed toe taps then drag or other turning move <p>Coaching Points</p> <ol style="list-style-type: none"> 1. How quickly can you do the movement? 2. Can you change speed quickly? 3. Can you use both feet? 	<p>24x24 yards</p> 
Skill Game 1	Organization
<p>1v1 Gate Game (Pairs)</p> <ul style="list-style-type: none"> 2 players, 1 ball 3 yard gate marked by 2 discs Players play 1v1 and try to score by dribbling through the gate = 1 point Play to certain score or for set time <p>Coaching Points</p> <ol style="list-style-type: none"> 1. Can your body be sideways? - One shoulder leaning back toward the defender 2. Can you "get low"? Crouched - Knees bent, feet wide for balance and stability 3. Can you keep your arms out? To help with balance and to keep the defender away 4. Can you use strength to push defender back? 	<p>Multiple Pairs</p> 

Skill Game 2	Organization
<p>1v1 Shielding to Score</p> <ul style="list-style-type: none"> • 2 groups of players set-up as shown • Coach passes ball into the field • 1 player from each team sprints out to get to the ball first • First player to the ball tries to shield and hold off the defender until he or she can turn and shoot to score • If the defender steals the ball he or she can try to score • No Goalkeepers <p>Coaching Points</p> <ol style="list-style-type: none"> 1. Can you use your arms, shoulders, body and legs to keep the defender from the ball? 2. Can you use strength to push them away? 3. Can you adjust your body position to react to pressure from the opponent? 	<p>24x24 yards</p> 
Final Game	Organization
<p>4v4 Regular Soccer</p> <ul style="list-style-type: none"> • No Goalkeepers • Diamond shape (1-2-1 formation) <p>Coaching Points</p> <ol style="list-style-type: none"> 1. Can you use the shielding skills we practiced today in this game? 2. When shielding can you keep your head up to see what options are open? 	<p>24x32</p> 