
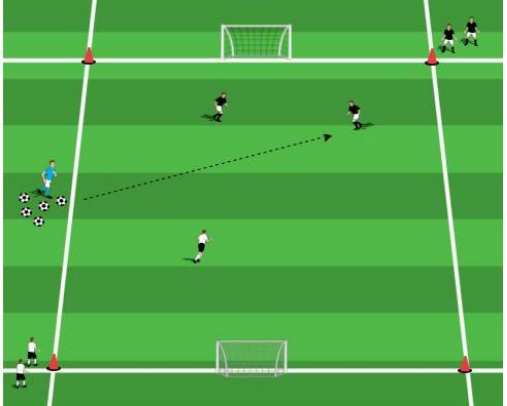


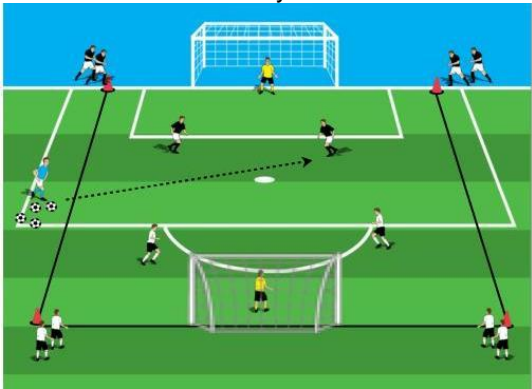
QuickSkills Soccer

U9-U10 Session



Topic: Shooting

Warm-Up	Organization
<p>1v1 Shooting Races</p> <ul style="list-style-type: none"> • Players split up at 2 corners, each player with soccer ball • On coaches signal first players in each group race to score in opposite goal • First ball in the goal = 1 point for that player • After the shot go to the line next to the goal you just shot on <p><u>Progression of “cues” for the races to start:</u></p> <ol style="list-style-type: none"> 1. Verbal – on coach “go” 2. Visual – on coach tapping a ball 3. Reaction to opponent – one side assigned as leaders, on first touch other side reacts <p>Coaching Points</p> <ol style="list-style-type: none"> 1. Can you shoot while dribbling? 2. What part of foot do you shoot with if you get close to the goal? = Side – lock ankle 3. What part of foot do you shoot with if you are far from the goal? = Laces – lock ankle 	<p>24x24 yards</p>  <p>Option: Small cone in the field where the players shoot from to encourage placement shots (closer to goal) or power shots (further from goal)</p>
Skill Game 1	Organization
<p>2v1 Shooting Game</p> <ul style="list-style-type: none"> • Coach with soccer balls • Coach plays to one team which sends 2 players to attack, other team sends 1 player to defend (2v1) • No Goalkeepers • Either team can score • After the sequence (ball out of bounds or goal) players clear the field and the coach plays a new ball for the next players <p>Coaching Points</p> <ol style="list-style-type: none"> 1. If you get close to the goal what type of shot are trying to make? = Placement, finesse 2. If you are far from the goal what type of shot are trying to make? = Power 	<p>24x24 yards</p> 

Skill Game 2	Organization
<p>2v2 Rapid Fire (with Goalkeepers)</p> <ul style="list-style-type: none"> • Coach has soccer balls at middle of field • Each team at an opposite corner of field • Each team has a Goalkeeper • Coach plays a ball out to one team and both teams send 2 players onto the field • When there is a goal or ball out of bounds the coach calls “clear” or “new ball” and the 2 players from each team leave the field quickly • The coach plays another ball into the field and the next 2 players from each team enter • The sequences continues to a certain number of goals or set period of time <p>Coaching Points</p> <ol style="list-style-type: none"> 1. How quickly can you get the shot off? 2. Do you need to be all the way past the defender to take the shot? = No 3. Can you avoid the Goalkeeper? 4. Can you “crash” the goal when your partner takes a shot? = in case of rebound 	<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 shoot when you have the shot? 2. Can you pass to a teammate who has a better shot rather than trying a difficult shot? 	<p>24x32</p> 