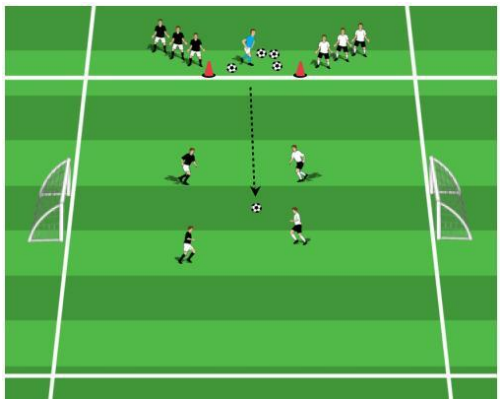
QuickSkills Soccer

U9-U10 Session

Topic: Teaching Games

Teaching Game 1	Organization
2v2 Game (Dribbling & Shooting) • 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 **Coaching Points** 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?	24x24 yards 
Teaching Game 2	**Organization**
2v1 Game (Passing & Shooting) • 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 **Coaching Points** 1. When to dribble, when to pass 2. Angle and speed of the pass 3. When to shoot to score	24x24 yards

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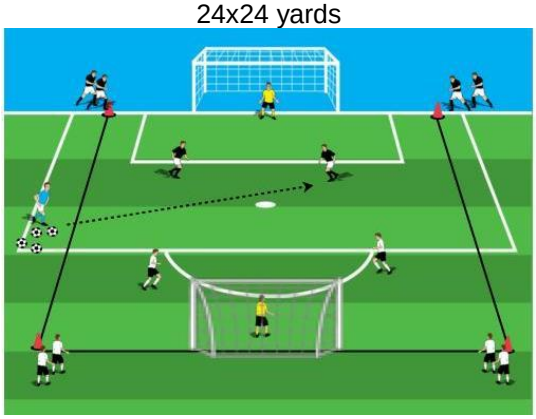
Teaching Game 3	Organization
2v2 Rapid Fire (with Goalkeepers) • Coach has soccer balls at middle of field • Each team at an opposite corner of field • Each team has a Goalkeeper • Coach plays a ball out to one team and both teams send 2 players onto the field • When there is a goal or ball out of bonds 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 **Coaching Points** 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	24x24 yards 
Final Game	**Organization**

4v4 Regular Soccer
• Goalkeepers optional
• Diamond shape (1-2-1 formation)
 	
Note
• You can incentivize players with bonus points
  ○ Ex. For each successful move
  ○ Ex. For each successful pass to teammate
  ○ Ex. For moving to get open
	24x32

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