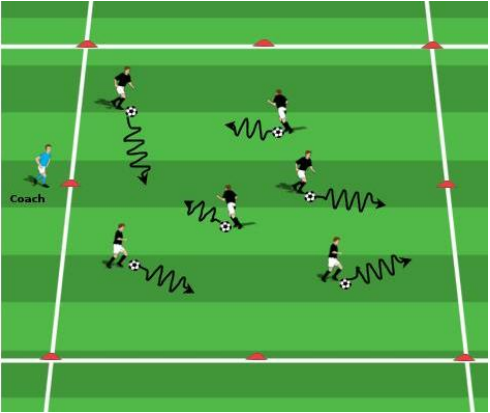
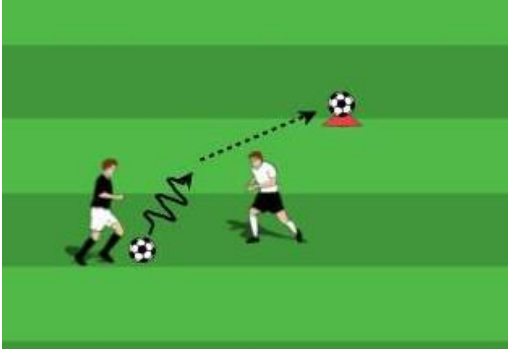


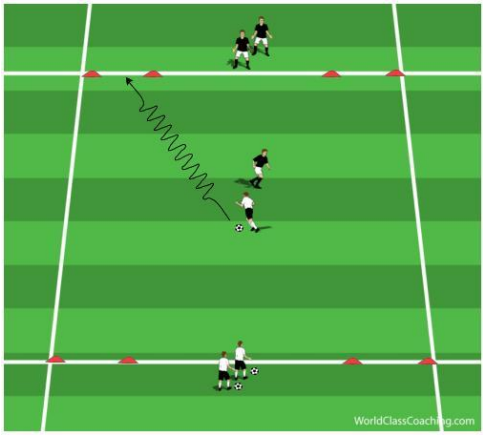
# QuickSkills Soccer

## U7-U8 Session



**Topic:** Dribbling & Moves to Beat Defenders

Warm-Up	Organization
<p><b>Warm-Up &amp; Dribbling Moves</b></p> <ul style="list-style-type: none"> <li>• Players in confined area do following dribbling every 3 or 4 touches</li> <li>• Show moves one at a time</li> </ul> <p><b>Dribbling Moves to get past Defenders:</b></p> <ol style="list-style-type: none"> <li>1. <b>Fake n Take</b> – step and dip the shoulder one way then go the other way (shoulder fake)</li> <li>2. <b>Scissors</b> – wave over the ball with one foot then take away with other foot in opposite direction</li> </ol> <p><b>Coaching Points</b></p> <ol style="list-style-type: none"> <li>1. How quickly can you do the move?</li> <li>2. Can you change speed after you do the move?</li> </ol>	<p>24x24 yards</p> 
Skill Game 1	Organization
<p><b>1v1 to Ball on Disc</b> (or to Standing Cone)</p> <ul style="list-style-type: none"> <li>• Groups of 2 play 1v1 and try to use soccer ball to hit ball on disc</li> <li>• If defending player wins ball can try to score</li> <li>• Play for set time or number of goals</li> <li>• Defender must stay near the game ball on not “guard” the disc with the ball on it</li> </ul> <p><b>Coaching Points</b></p> <ol style="list-style-type: none"> <li>1. Can you use one of the moves and try to be tricky before shooting at the ball?</li> </ol>	<p>Multiple Pairs</p> 

Skill Game 2	Organization
<p><b>1v1 Game</b></p> <ul style="list-style-type: none"> <li>• 2 groups of 4-5 players</li> <li>• The dribbler starts with a soccer ball and tries to score by <u>dribbling</u> (not kicking) through <u>either</u> of the 2 “dribble goals”</li> <li>• On the dribblers touch, the first defender goes to try and get the ball</li> <li>• If defender gets the ball he or she can score</li> <li>• Players switch sides after each turn</li> </ul> <p><b>Coaching Points</b></p> <ol style="list-style-type: none"> <li>1. Can you trick the defender with moves?</li> <li>2. Can you change speed to get through the “dribble goals” fast?</li> </ol>	<p>12x12 yards</p> 
Final Game	Organization
<p><b>4v4 Regular Soccer</b></p> <ul style="list-style-type: none"> <li>• No Goalkeepers</li> <li>• Diamond shape (1-2-1 formation)</li> </ul> <p><b>Coaching Points</b></p> <ol style="list-style-type: none"> <li>1. Can you try to dribble past the closest player?</li> </ol>	<p>24x32</p> 