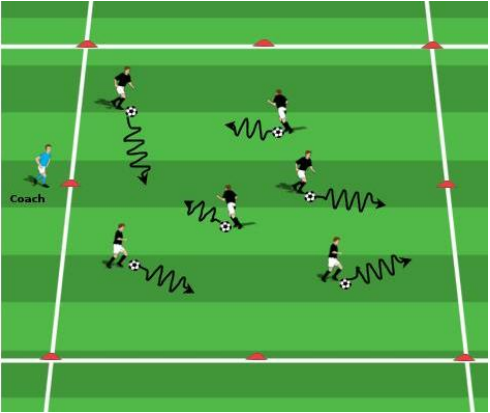
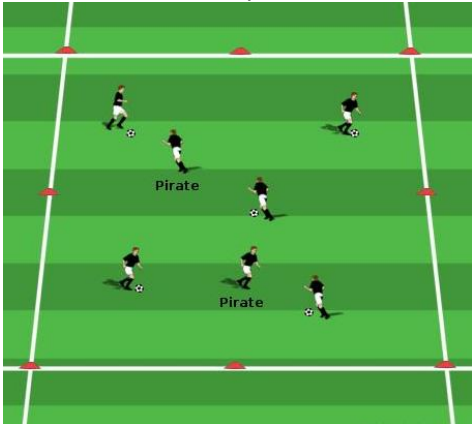


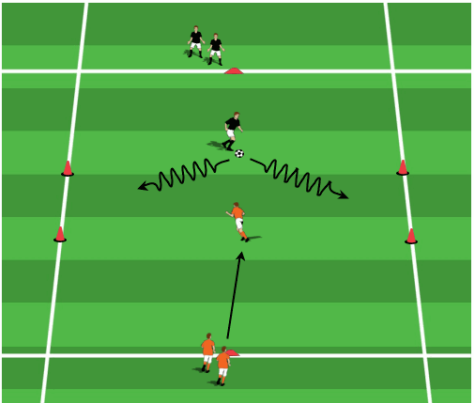
QuickSkills Soccer

U7-U8 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 2. Chopper – outside of foot 3. Dragster – pull back with sole of foot and go 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>Treasure Hunt</p> <ul style="list-style-type: none"> • Some players start as the “Pirates” without a ball (approx 1/3 of group) • Remaining players dribbling ball in the space • Pirates try to steal another player’s treasure (the ball) • If you lose your ball you become a Pirate and try to get another ball <p>Coaching Points</p> <ol style="list-style-type: none"> 1. Players use moves change of direction, and change of speed to get away from the Pirates 	<p>24x24 yards</p> 

Skill Game 2	Organization
<p>1v1 Game</p> <ul style="list-style-type: none"> • 2 groups of 4-5 players • 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” • On the dribblers touch, the first defender goes to try and get the ball • If defender gets the ball he or she can score • Players switch sides after each turn <p>Coaching Points</p> <ol style="list-style-type: none"> 1. Can you trick the defender with moves? 2. Can you change speed to get through the “dribble goals” fast? 	<p>12x12 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 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> 