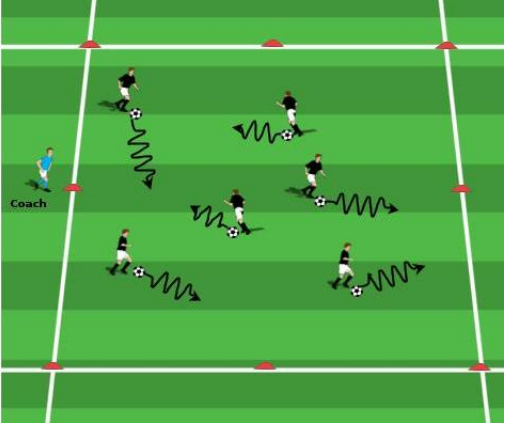


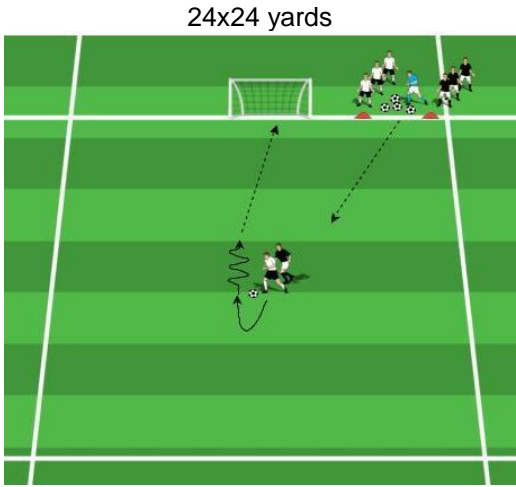

# QuickSkills Soccer

## U7-U8 Session



**Topic:** Dribbling & Shielding

Warm-Up	Organization
<p><b>Warm-Up &amp; Dribbling</b></p> <ul style="list-style-type: none"> <li>Players in confined area do various dribbling activities</li> </ul> <p><b>Various movements:</b></p> <ol style="list-style-type: none"> <li>1. Inside of foot</li> <li>2. Outside of foot</li> <li>3. Roll over the ball</li> <li>4. Step over and turn</li> <li>5. One footed toe taps</li> <li>6. One footed toe taps then drag or other turning move</li> </ol> <p><b>Coaching Points</b></p> <ol style="list-style-type: none"> <li>1. How quickly can you do the movement?</li> <li>2. Can you change speed quickly?</li> <li>3. Can you use both feet?</li> </ol>	<p>24x24 yards</p> 
Skill Game 1	Organization
<p><b>1v1 Shielding Game (Pairs)</b></p> <ul style="list-style-type: none"> <li>Players stand with one player facing away with legs open and ball between</li> <li>Player behind (defender) touches the ball through the legs of other player (attacker)</li> <li>Attacker reacts and retrieves the ball and "shields" from defender</li> <li>Defender tries to win the ball back</li> <li>Games last 3-5 seconds</li> <li>Player in possession gets 1 point</li> </ul> <p><b>Coaching Points</b></p> <ol style="list-style-type: none"> <li>1. <b>Can your body be sideways?</b> - One shoulder leaning back toward the defender</li> <li>2. <b>Can you "get low"?</b> Crouched - Knees bent, feet wide for balance and stability</li> <li>3. <b>Can you keep your arms out?</b> To help with balance and to keep the defender away</li> </ol>	<p>Multiple Pairs</p> 

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