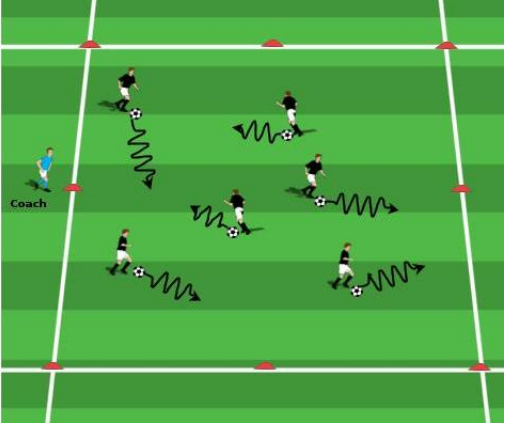
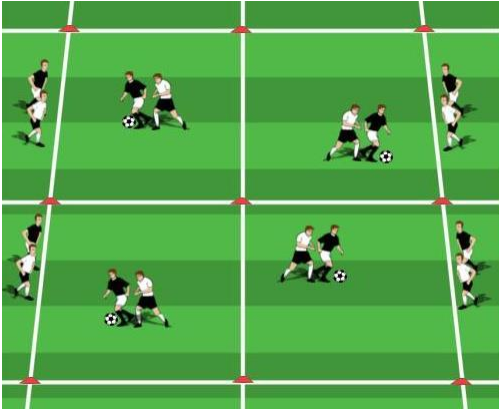


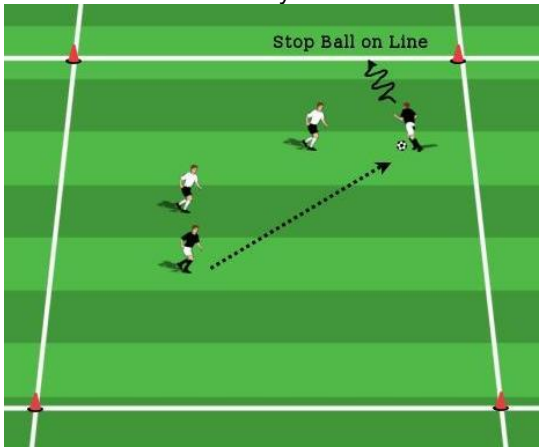
# QuickSkills Soccer

## U7-U8 Session



Topic: Dribbling & Shielding 2

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</b></p> <ul style="list-style-type: none"> <li>2 players, 1 ball inside each small grid</li> <li>1 or 2 players resting next to each grid</li> <li>Players play 1v1 and try to score by keeping the ball in possession by shielding</li> <li>Each mini-game is 15-20 seconds maximum</li> <li>Player in possession of the ball at end of mini-game gets 1 point</li> <li>Players switch out with resting players after each mini-game</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. Can you use <b>strength</b> to push defender back?</li> </ol>	<p>Multiple Pairs - 6x6 Grids</p> 

Skill Game 2	Organization
<p><b>2v2 – “Stop” on End Line</b></p> <ul style="list-style-type: none"> <li>• 2 teams of 2 players set-up as shown</li> <li>• Teams play 2v2 and try to score by stopping the ball on the end line</li> <li>• The scoring team leaves the ball on the line and the other team comes to collect it to restart the game</li> <li>• Play to a set score or for a set period of time</li> </ul> <p><b>Coaching Points</b></p> <ol style="list-style-type: none"> <li>1. Can you adjust your body position to react to pressure from the opponent?</li> <li>2. Can you keep your body between the opponent and the ball?</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> 