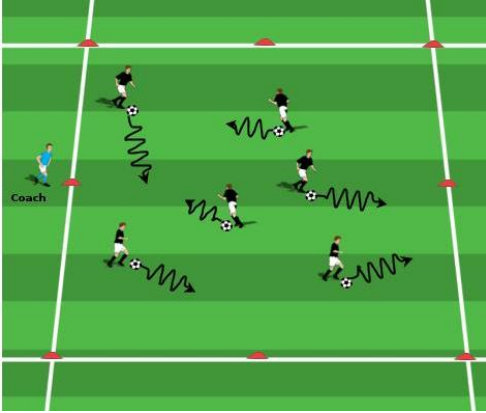
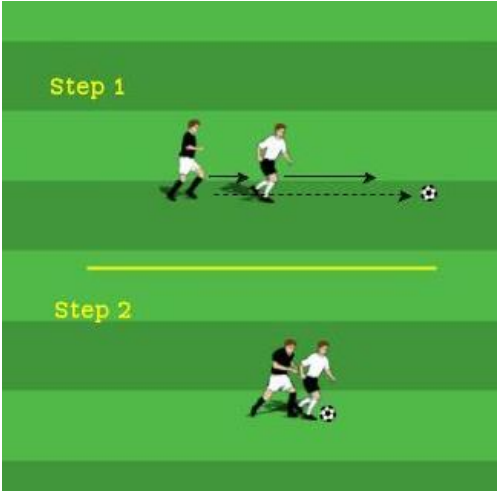


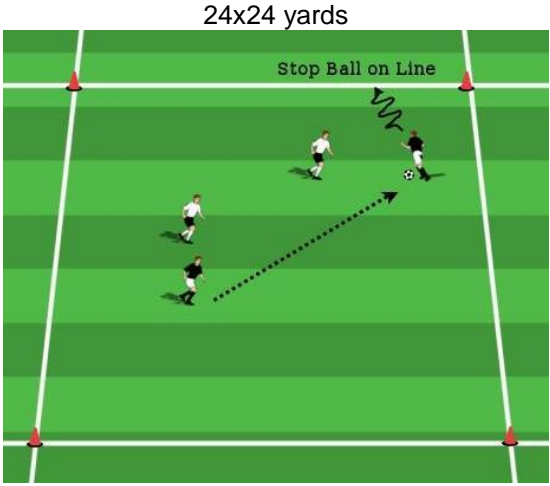
# QuickSkills Soccer

## U9-U10 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>  <p>The diagram shows a square field measuring 24x24 yards. A coach is positioned on the left side. Several players are scattered across the field, each performing a different dribbling move as indicated by wavy arrows and soccer ball icons. The field is marked with white lines and red cones at the corners and midpoints of the sides.</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>  <p>The diagram illustrates the 1v1 Shielding Game in two steps. Step 1 shows a defender (white jersey) touching the ball through the legs of an attacker (black jersey). Step 2 shows the attacker (black jersey) shielding the ball from the defender (white jersey). The field is marked with a yellow line and a yellow arrow indicating the direction of play.</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>	
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>	