
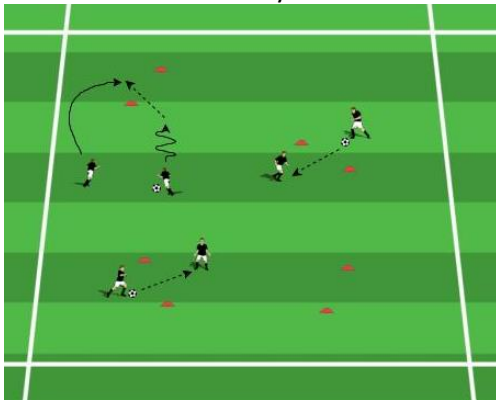



QuickSkills Soccer

U9-U10 Session



Topic: Short Passing

Warm-Up	Organization
<p>Passing Gates</p> <ul style="list-style-type: none"> • Groups of 2 • Each pair with a soccer ball • Multiple gates are set-up • Players pass to each other through gates <p>Progressions</p> <p>Same Gate (pass thru gate = 1 point)</p> <ol style="list-style-type: none"> 1. Two touch passing “control & play” or “pass to yourself then to your partner” 2. One touch passing 3. Pass with the “other” (or weaker) foot only <p>Different Gates (move from gate to gate)</p> <ol style="list-style-type: none"> 1. Pass with any surface that you decide is best 2. Add defenders (if they touch your soccer ball then you lose 2 points) <p>Coaching Points</p> <ol style="list-style-type: none"> 1. Inside of the foot pass - toe up, heel down, strike ball where foot meets ankle 2. Angle of pass – if teammate is moving where do you pass the ball? If teammate is standing still where do you pass the ball? 3. How hard do you pass the ball? 	 <p style="text-align: center;">Same Gate</p> <p style="text-align: center;">24x24 yards</p>  <p style="text-align: center;">Different Gates</p>
Skill Game 1	Organization
<p>Pair Passing thru Gates (with Defenders)</p> <ul style="list-style-type: none"> • Players try to pass thru as many different gates as possible • Add defender(s): if they touch your soccer ball then you lose 2 points <p>Coaching Points</p> <ol style="list-style-type: none"> 1. Movement after passing 2. Communication with partner 	<p style="text-align: center;"><i>Same as above</i></p>

Skill Game 2	Organization
<p>3v1 Game (Passing & Shooting)</p> <ul style="list-style-type: none"> • Coach with soccer balls • Coach plays to one team which sends 3 players to attack while other team sends 1 player to defend (3v1) • Team of 3 must get either 2 or 3 passes on their own side of the field before they can try to advance and score • No Goalkeepers • If defender wins the ball try to score • After the sequence (ball out of bounds or goal) players clear the field and the coach plays a new ball for the next players <p>Coaching Points</p> <ol style="list-style-type: none"> 1. When to dribble, when to pass 2. Angle and speed of the pass 3. When to shoot to score 	
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 pass to a teammate when the defender comes near you? 2. Can you pass in different directions? Sideways, forward, backwards <p>Note</p> <ul style="list-style-type: none"> • You can incentivize players to try passing by adding points <ul style="list-style-type: none"> ○ For each successful pass ○ Passing at the right moment or situation 	