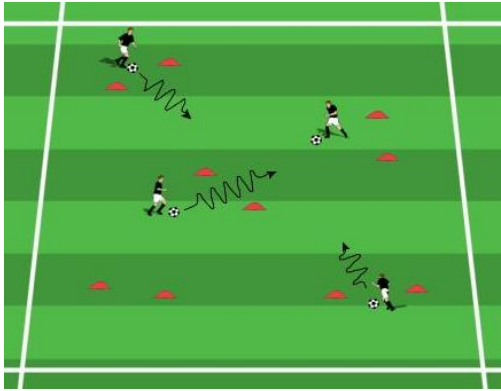
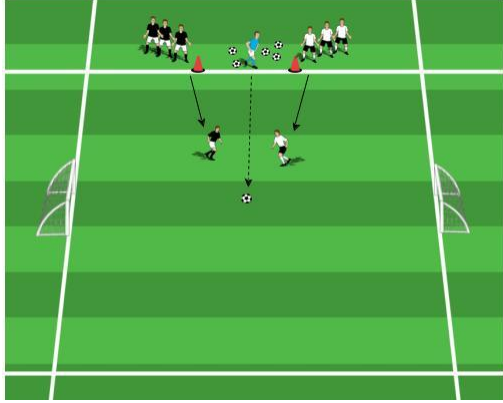


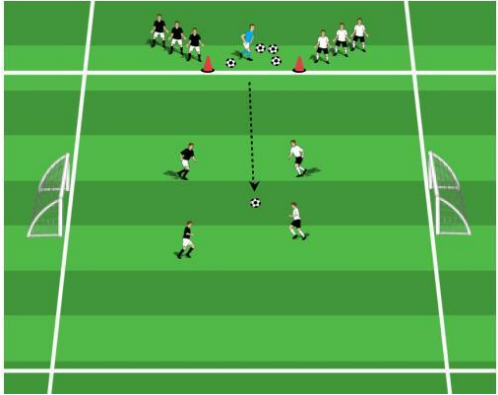
QuickSkills Soccer

U7-U8 Session



Topic: Dribbling & Changing Direction

Warm-Up	Organization
<p>Dribbling Gates</p> <ul style="list-style-type: none">• Each player with ball• Players dribble through gates• Can't dribble thru same gate 2x in row• Count number of gates in set time<ul style="list-style-type: none">○ Make it a competition <p>Progressions</p> <ol style="list-style-type: none">1. Strong foot ("good" or "better" foot)2. Weak foot ("other foot")3. Through gate then quick turn and back through using change of direction move<ol style="list-style-type: none">a. Cut (inside of foot)b. Chop (outside of foot)c. Drag (bottom of foot)d. Sole turn (like the "cut" but use the bottom of the foot instead)4. Add defender(s) to tag balls	<p>24x24 yards</p> 
Skill Game 1	Organization
<p>1v1 Game (Dribbling & Shooting)</p> <ul style="list-style-type: none">• Players split up to 2 starting positions• No Goalkeeper's• Coach has all soccer balls in middle and serves soccer ball into the field• 1 player from each team challenges for the ball and tries to score in <u>either</u> goal• Each goal = 1 point• First team to certain number of goals wins <p>Coaching Points</p> <ol style="list-style-type: none">1. Use moves to change direction, and change speed to create space for a shot on goal	<p>24x24 yards</p> 

Skill Game 2	Organization
<p>2v2 Game (Dribbling & Shooting)</p> <ul style="list-style-type: none"> • Same as previous Skill Game 1 except 2 players from each team challenges for the ball and try to score in either goal (2v2) <p>Coaching Points</p> <ol style="list-style-type: none"> 1. Can you trick the defenders with moves and create space for a shot on goal? 2. What do you do if you have the ball and both defenders come near you? 3. Can you use your teammate to help you score? 	<p>24x24 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 do a dribbling move we practiced today and then pass to a teammate that's in a better spot on the field? <p>Note</p> <ul style="list-style-type: none"> • You can incentivize players to try the moves by adding points <ul style="list-style-type: none"> ○ For each successful move ○ For each move and then pass to teammate 	<p>24x32</p> 