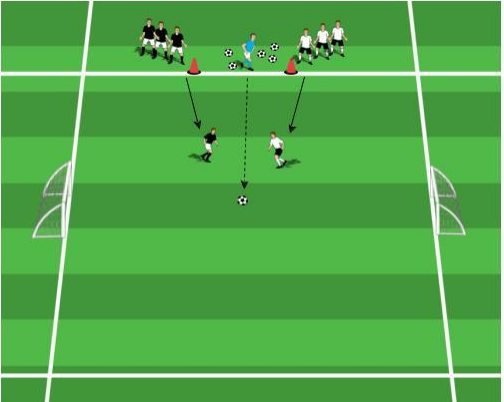
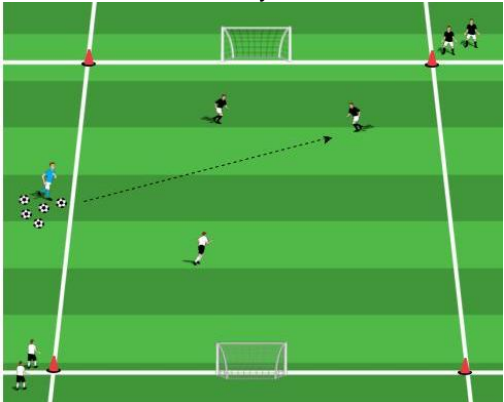




QuickSkills Soccer

U7-U8 Session



Topic: Teaching Games

Teaching 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> 
Teaching Game 2	Organization
<p>2v1 Game (Passing & Shooting)</p> <ul style="list-style-type: none"> • Coach with soccer balls • Coach plays to one team which sends 2 players to attack while other team sends 1 player to defend (2v1) • No Goalkeepers • Either team can 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 	<p>24x24 yards</p> 

Teaching Game 3	Organization
<p>3v3 Rapid Fire</p> <ul style="list-style-type: none"> • Coach has soccer balls at middle of field • Each team at an opposite corner of field • No Goalkeepers • Coach plays a ball out to one team and both teams send 3 players onto the field • When there is a goal or ball out of bounds the coach calls “clear” or “new ball” and the 3 players from each team leave the field quickly • The coach plays another ball into the field and the next 3 players from each team enter • The sequences continues to a certain number of goals or set period of time <p>Coaching Points</p> <ol style="list-style-type: none"> 1. How quickly can you get the shot off? 2. Do you need to be all the way past the defender to take the shot? = No 	 <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>Note</p> <ul style="list-style-type: none"> • You can incentivize players with bonus points <ul style="list-style-type: none"> ○ Ex. For each successful move ○ Ex. For each successful pass to teammate ○ Ex. For moving to get open 	 <p>24x32</p>