

Providing a full range of  
quality soccer programs  
in St. Albert!

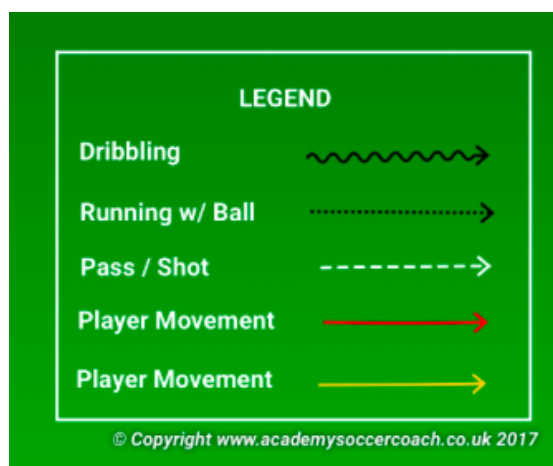
## St. Albert Soccer Association

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## Learn to Train (U10/U12)



## 1 v 1 Attacking

**Skill Developed** – Dribbling Game

**Time** – ~ 15 Minutes

**Playing Area** 20 - 25 X 10 - 15 yard grid

**Number of Players** – All players

**Equipment** – balls, cones, pinnies

YouTube Link - <https://youtu.be/5gvSDgS-Rik>

### How to Set It Up

- Set up a grid, 20 - 25 yards long by 10 – 15 yards with two gates, 5 yards wide, on the sides of the grid and an endzone 5 yards away from the end line.
- Half the players on one end of the grid, half the players are on the other.

### The Game

- The coach will pass the ball to the attacker. The defender will run out to stop the attacker from scoring.
- The attacker has 2 options when they receive the pass. If they score on the two side nets, the attacker will get 1 point, if they are able to dribble past the defender into the endzone, they will get 2 points.

### Progression

- If the defender wins the ball, they can try and dribble it past where the attackers are lined up.

