



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

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Learn to Train (U10/U12)

1 v 1 Attacking Possession

Time – ~ 15 Minutes

Playing Area

Set up as seen in picture (see below)

Number of Players – All players

Equipment – balls, pinnies, mini nets (or cones)

YouTube Link: <https://youtu.be/mZX98WM61uM>

Objective

- This activity works on two skills. The are working on dribbling and protecting the ball from the other team.

Organization

- Put the players into 2 teams, half of the players with a ball and half of the players without a ball.
- Place two mini nets, back to back, in the middle of the grid

Activity

- All of the attacking players have a ball and attempt to keep possession of their ball. They must dribble around the grid avoiding the defenders.
- The defenders must attempt to take the ball away. Once they do, they must try to score on the mini goals.
- The attacker, who's ball was stolen, must try and win their ball back from the defender to stop them from scoring.
- After 2 minutes, teams switch roles and the attacking team is now the defensive team that is trying to score goals.

Progression

- Split the groups up by having two-thirds of the group with the ball instead of having half the group with the ball.
- When the defender wins the ball and scores a point. That player now dribbles the ball they stole and try to keep it away from the other defenders. If a goal is scored, the player who's ball got stolen becomes a defender and must find a new player to chase.



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