



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

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Learn to Train (U10/U12)

1 vs 1 Attacking Game

Skill Developed – Dribbling & Shooting

Time – ~ 15 Minutes

Playing Area

Set up as seen in picture (see below)

Number of Players – All players

Equipment – balls, pinnies, mini-nets

How to Set It Up

- Set up 2 lines on diagonal corners of the grid at center.

The Game

- On the coach's cue, players will race to the corner of the grid and then enter the grid to play 1 vs 1 against one another.
- The play is over when a goal is scored, the player misses the net wide or the ball leaves the grid through the sides.

Progression

1. The coach calls a number and that number of players enter the grid.

Ex. Coach calls 4, 4 players from each team will enter the grid.

2. The players number themselves off 1 – 4 (or however many players you have). Then when the coach calls a number, the player that is that number will enter the grid.

Ex. Coach calls 3, the players on each team who are number 3 will enter the grid and play 1 vs 1.

