



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

## St. Albert Soccer Association

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## Learn to Train (U10/U12)

### 4 Goal Dribbling Game

**Skill Developed** – Spatial Awareness

**Time** – ~ 15 Minutes

**Playing Area**

20 – 25 yards X 20 – 25 yards

**Number of Players** – All players

**Equipment** – balls, pinnies, mini-nets

#### How to Set It Up

- Set up 4 gates, 1 in each corner of the grid, 2 yards wide.
- Split the players up into 2 teams of 4. If there are extra players have substitutes or make the playing field bigger.

#### The Game

- Teams will try and score by dribbling through the gates in the corner of the grid
- After a goal is scored, the other team will start with the ball.

#### Progression

1. Once the gate is scored on, that gate becomes closed and cannot be scored on again until a different gate is scored on.
2. The first team to score on all 4 gates will win the game / round.



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