



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 vs 4 and 1 vs 1

Skill Developed – Game Play

Time – ~ 10 Minutes

Playing Area

Set up as seen in picture (see below)

Number of Players – All players

Equipment – 1 ball per field

YouTube Link: <https://youtu.be/PfjfkvP837o>

Objective

- A fun game working on a variety of skills based off of different situations.

The Game

- Mark out two fields. On field 1 teams will player 4 vs 4. On field 2, teams will have players play 1 vs 1 on endlines with the winner replacing a player from their own team on field 1.

Progression

Option 1 – the winner on field 2 joins their team on field 1 without replacing anybody to make it a 5 vs 4.

Option 2 – adjust spacing depending on the age and ability of the group if necessary.

Coaching Points

- Quick transition
- - Fast paced
- Change of direction/speed
- Deception
- Set up Defender
- Protect the ball
- Vision
- Close control
- Angle, distance, and timing of support
- Body Position – open to field
- Decision Making
- Verbal and Visual Communication



