



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

## St. Albert Soccer Association

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## Learn to Train (U10/U12)

### Dribble & Shoot

**Skill Developed** – Dribbling & Shooting

**Time** – ~ 10 Minutes

**Playing Area**

Set up as seen in picture (see below)

**Number of Players** – All players

**Equipment** – 1 ball per line

### How to Set It Up

- Set up 3 – 4 lines of cones for players to dribble around.

### The Game

- This activity is designed with no goalie in net to offer players maximum repetition of shots.

- At the same time, the players in all of the lines will dribble around the cones, looking to keep the ball close and under control.

- Once the players reach the final cone, they will look to take a touch out of their feet and strike the ball on net.

### Progression

1. Introduce a goalie in net for the players to shoot on. Have the players dribble through the cones 1 player at a time to maintain the safety of all of the participants.

2. Create an individual competition amongst the players to make it more competitive.

