



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

St. Albert Soccer Association

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Learn to Train (U10/U12)

Shoot & Cross

Skill Developed – Passing & Shooting

Time – ~ 15 Minutes

Playing Area

Set up as seen in picture (see below)

Number of Players – All players

Equipment – balls

YouTube Link: <https://youtu.be/IPz58J0gntg>



The Objective

- Get the players focusing on what to do after shooting the ball.

Organization

- Set up 2 lines, one on either side of the penalty box. Set up 1 cone out wide by the boards / sideline.

The Activity

A) The WHITE player passes the ball into the BLACK player. The BLACK player lays the ball off for the WHITE player to shoot.

B) The WHITE player runs out wide to the sidelines. While they are running out wide, the BLUE player will pass the ball into the BLACK player who turns with the ball and plays the ball out wide to the WHITE player. The WHITE player receives the pass and plays the ball across the face of goal to the BLUE player and BLACK player making a run into the penalty box.

Progression

1. The WHITE player can pass the ball off the end board to the top of the box for the BLUE player making a run to the top of the penalty box.

** The BLACK player can also be the coach laying off the ball.