



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 then Defend

**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 2 lines, 1 for dribbling (the red cones) and 1 for attacking 1 vs 1 (the blue cones)

### The Game

- To start, the player will dribble around the red cones, then look to have a shot on net.
- After the shot is taken, the shooter will then become a defender and the player from the blue cones will attack the goal.
- After the round is over, each player will collect a ball and switch lines. Then the next player from the red line will start the next round.

### Progression

- Adjust the red cones to look like the blue cones and have the game go continuous where after the player attacks the goal, they will become then defender.
- The rotation for this progression will be attack, defend, switch lines.

