

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

St. Albert Soccer Association

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Learn to Train (U10/12) Skill Stations

How to Set It Up

Skill Developed – Dribbling

Time – ~ 10 Minutes

Playing Area – 20 X 20 yard grid

Number of Players – All players

Equipment – 1 ball per player

How to Play

- Players will dribble to 3 different lines. At these lines, they will perform 3 different skills before going back to the beginning.

- Round 1 – Toe Taps (touches on top of the ball) – Bells (touches side to side) – Rolls (roll the ball forward and backwards)

- Round 2 – V-Cut – Cryuff Turn – Pull Back

- Round 3 – Scissors – Inside-Inside-Outside - Steppers

Skills to Teach

- V-Cut (pull the ball into the body with one foot, then with the other foot push the ball away)

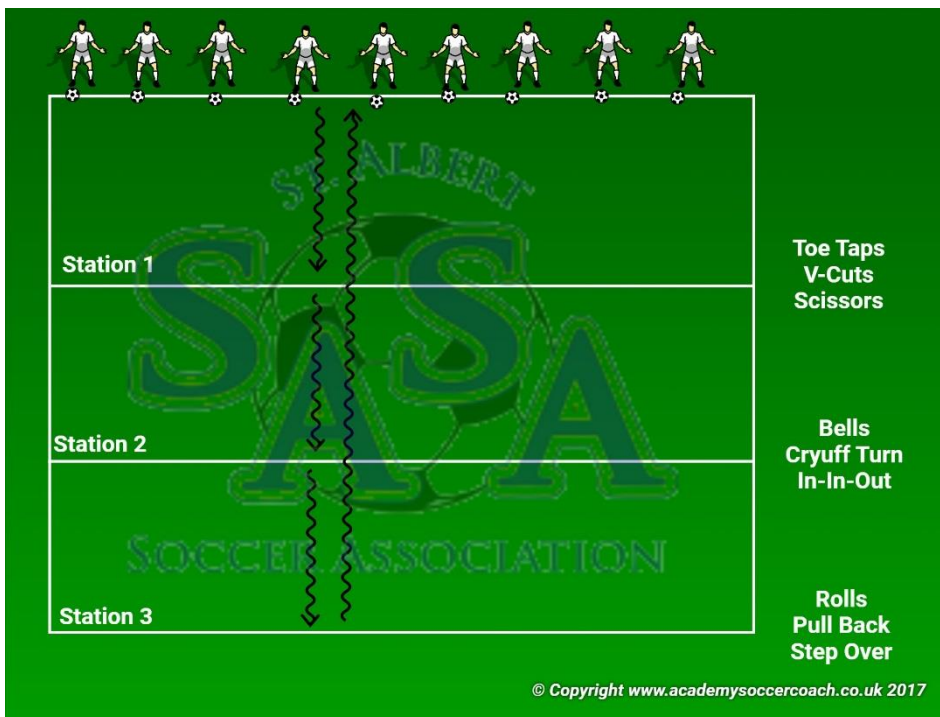
- Cryuff Turn – https://www.youtube.com/watch?v=V9kICWR_nKk

- Pull Back (sole on the ball, roll the ball backwards and turn the body so that it is facing the ball as your turn)

- Scissors (swing foot around the ball going inside to outside)

- Inside-Inside-Outside (inside one foot, inside other foot, outside of the first foot)

- Step Over (swing foot around the ball going outside to inside)



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