

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

St. Albert Soccer Association

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Learn to Train (U12) Passing & Board Play

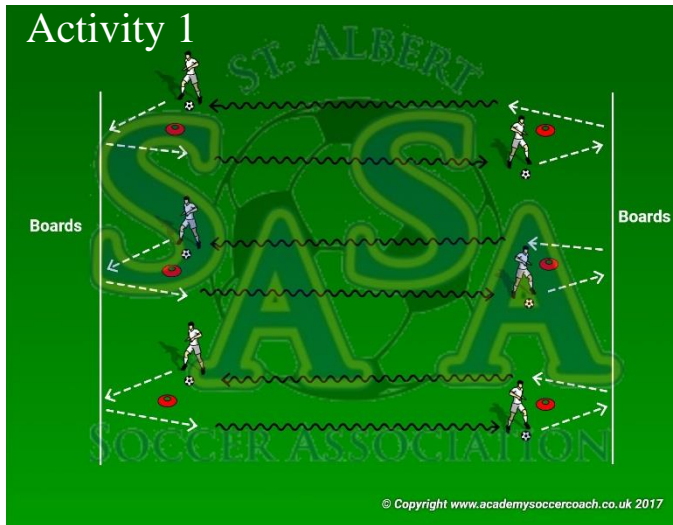
How to Set It Up

- Skill Developed** – Dribbling
- Time** – ~ 20 - 25 Minutes Total
- Playing Area** – 20 X 20 yard grid
- Number of Players** – All players
- Equipment** – 1 ball per player

How to Play

- This set up is designed to ensure that your players get lots of touches on the ball leading into their game.
- Half of the players will be with one coach, the other half will set up by the third line with the other coach.
- Players will be at the station for 12 – 15 minutes then they will switch and participate at other station.

Activity 1



- Pass the ball off the wall and around the cone.
- Receive the pass off the wall, then dribble across the field and repeat the activity again.
- For the dribbling portion, have the players focus on taking multiple touches on the ball instead of kicking the ball across the field and chasing after it.
- Dribbling Challenge – zig-zag (inside-outside) with the right foot only then the left foot only.

Activity 2



- Dribble forward, then have the player cut diagonally to the outside of the field.
- Bank the ball off the side boards, receive the ball again, take the touch inside towards the goal to have a shot on net.
- Switch lines once you get back to the starting point.