



# 1v1 Soccer Ladder Individual Competition

**Purposes:** Individual Attacking and Defending / Transition / Soccer Fitness

**Organization:** Fields are 20 yds long \* No sidelines \* Goals are 2 yds wide (16 yards between adjacent fields) \* 90-120 second rounds \* Ball must be on the ground to score \* Corners (not taken) are worth half a goal \* New games begin immediately \* Clock starts when last game begins \* Winners move to the “top” game; losers move to the “bottom” game \* After six rounds, winners and losers from each :bracket” play the final round \* Last person to score wins any tied games.

