



1v1 Soccer Ladder Team 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) * One team defends the outside goals; the other defends the inside goals * 90-120 second rounds * Five to six rounds * Ball must be on the ground to score * Corners (not taken) are worth half a goal * Inside players rotate clockwise after each game; outside players stay “home” * New games begin immediately * Clock starts when last game begins * Record the team score (count raised hands) after each round.



Tom Turner, April 2009