



# Indiana Soccer Training Centers

## Activity 1 4 Surfaces - Dribbling

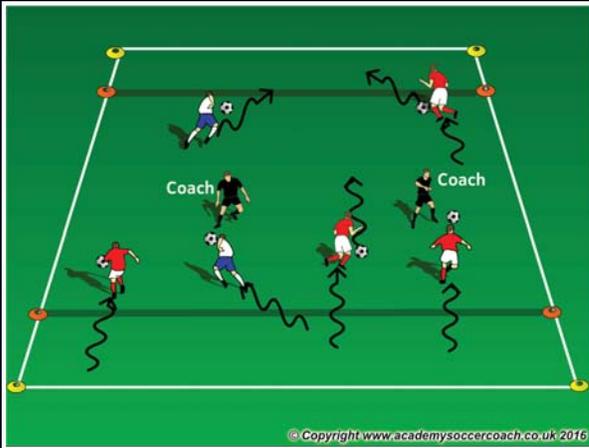
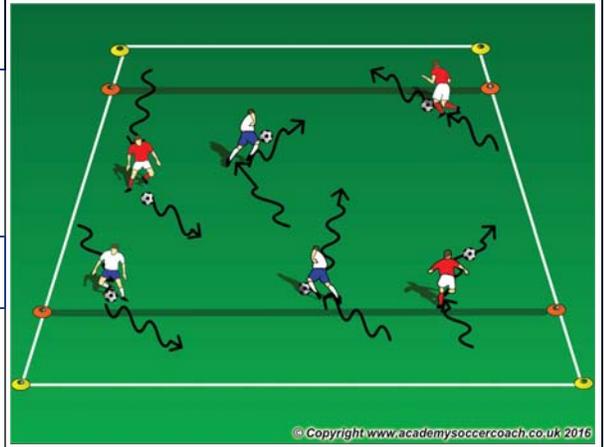
Duration 8 mins

In a 15Wx20L yard grid and a 3 yard end zone on each side line, each player has a soccer ball. Have the players try to use 4 surfaces of their foot in a fluid motion and in order: Outside of the foot (pinky toe,) Inside of the foot (big toe,) laces and bottom (sole.) Once the ball has been stopped, have them try it with the other foot. Players must remain inside the boundaries which includes the end zones.

### Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** The players use 1 surface at a time then layer in the next surface.
- **Round 2:** Players complete the pattern with their favorite foot.
- **Round 3:** Players complete the pattern with their non-favorite foot.
- **Round 4:** Players switch feet after completing all 4 surfaces with 1 foot and repeat



## Activity 2 Crocs in the River

Duration 8 mins

In a 15Wx20L yard grid and a 3 yard end zone on each end line, all players start with their ball in one end zone. The coaches start as crocs in the river. On the coach's command, the players will dribble their soccer ball across the river to the other side. If they stop it in the end zone, they are safe but if a croc gets their ball and dribbles to the opposite end zone, the dribbler becomes a croc also.

### Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Coaches start as crocs and if ball is lost, dribbler and croc switch rolls.
- **Round 2:** Players start as crocs and if ball is lost, dribbler and croc switch rolls.
- **Round 3:** When ball is lost, dribbler becomes a croc also.
- **Round 4:** Players get in pairs and work together to beat the crocs

## Activity 3 Score in Any Goal

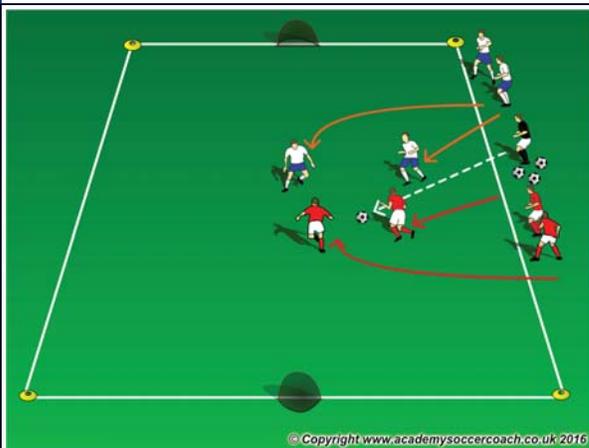
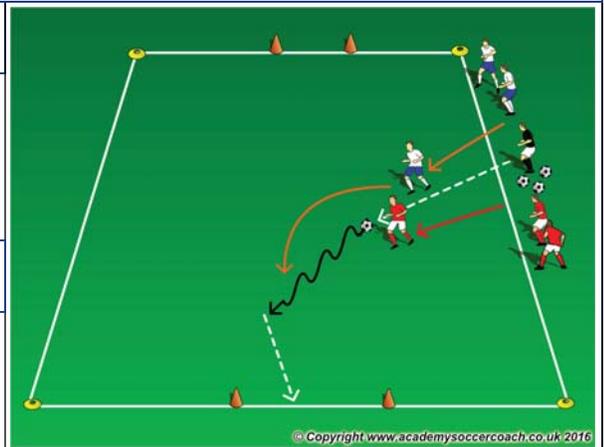
Duration 8 mins

In a 15Wx20L yard grid with 1 cone goal (2-3 yards wide) at each end, the coach is on the sideline at midfield with all the balls. Coach divides the players into 2 teams set up on either side of the coach. Coach serves a ball onto the field and 1 player from each team steps on and tries to score in either of the 2 goals. Play for 30 sec. or until a goal is scored or the ball is out of bounds.

### Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** A passing goal is one point a dribble through the cone goal is 10 points.
- **Round 2:** Players can only score in opponent's goal.
- **Round 3-4:** Coach makes game a 2v1 with bonus points for goals scored after a turn or pass.



## Activity 4 2v2 Combat

Duration 8 mins

In a 15Wx20L yard grid, with a goal on each end line. The coach and all the soccer balls are on the sideline at midfield. The coach divides player into 2 teams; 1 team starts on the coach's right and the other on the left. When the coach plays a ball onto the field, 2 players from each team enter the field and try to score in opponents goal.

### Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** 2 players from each team play 2v2 to goal or ball leaves the field.
- **Round 2:** Bonus points for goals scored after a move or turn.
- **Round 3-4:** Coach can adjust the number of players on the field to: 3v2 or 3v3; no bigger than 3v3.

Game - 4v4

Duration - 25 mins

Set up a 20W x 30L yard field and scrimmage. Take plenty of breaks for rest and water.