



Indiana Soccer Training Centers

Activity 1 Pairs Passing Competitions

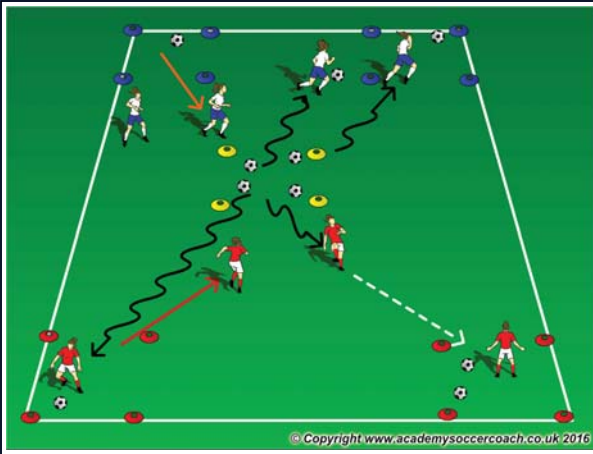
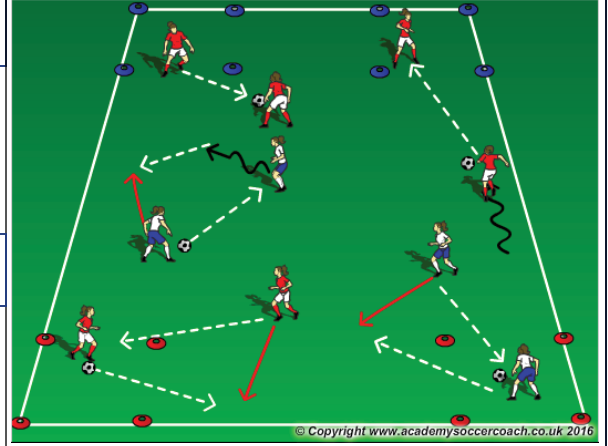
Duration 8 mins

In a 15Wx20L yard grid, players select a partner with one soccer ball per pair. Players start between 5 and 10 yards apart. On coach's command players will pass the ball back and forth as many times as they can. After making a pass, players must move into a new space on the field.

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** How many passes can you make, beat your score.
- **Round 2:** How many passes with your non-favorite foot, beat that score.
- **Round 3:** How many passes can you make to your partner each square
- **Round 4:** How many passes can you make to your partner as he runs into a square



Activity 2 Capture the Balls

Duration 8 mins

In a 15Wx20L yard grid with a square (2x2 yards) in each corner and 1 square in the middle of the field. Players are divided into each corner square (home bases). Soccer balls are all in the middle square. On coach's command, players get one ball from the center square and dribble it back to their home base.

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Players retrieve their own ball from center(feet only) as fast as they can.
- **Round 2:** Players work with teammates to get or steal as many soccer balls as they can and bring them back to their home base (feet only).
- **Round 3-4:** Pass ball to a teammate & stop it in a home base is worth bonus points

Activity 3 2v2 Castle Combat

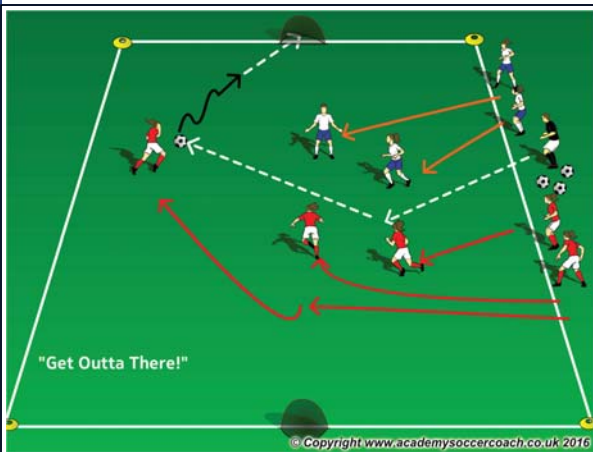
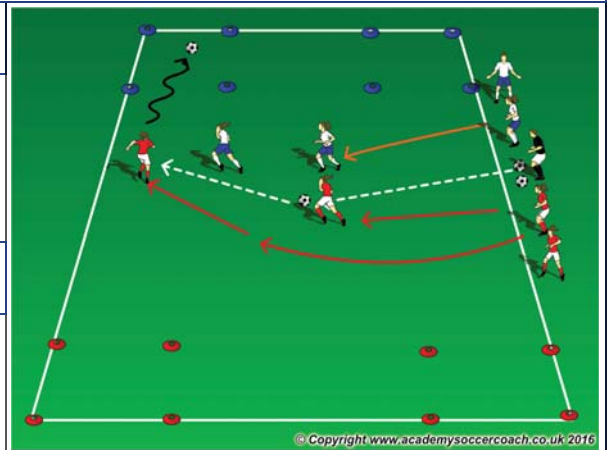
Duration 8 mins

In a 15Wx20L yard grid w/a square (2x2 yards) in each corner. Coach has all the balls on the sideline at midfield. Coach divides the players in 2 teams set up on either side of her/him. Coach serves the ball onto the field and 2 players from each team step onto the field. Players score by playing the ball into either of their opponent's 2 castles by either passing or dribbling the ball and stopping it in the castle.

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Player score by stopping the ball in either of the opponent's 2 castles.
- **Round 2:** Coach adjust number of players to 3v2, 3v3.
- **Round 3:** Players must complete one pass before going to a castle to score.
- **Round 4:** Bonus points if you pass it to your partner when they are in the castle.



Activity 4 Up and Down Numbers "Get Outta There"

Duration 8 mins

In a 15Wx20L yard grid with a goal on each end line. Players are divided into 2 teams on either side of the coach at midfield. Coach has all the balls. Coach serves a ball on the field and players try to gain possession and score in the opponent's goal. If a goal is scored or the ball goes out of bounds the coach calls "Get Outta There!" Players clear the field immediately and coach serves a ball for the next group.

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Play 2v2.
- **Round 2:** Play 3v2.
- **Round 3:** Play 3v3.
- **Round 4:** Play 4v3.

Game - 4v4

Duration - 25 mins

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