



Indiana Soccer Training Centers

Activity 1 Pattern Dribbling

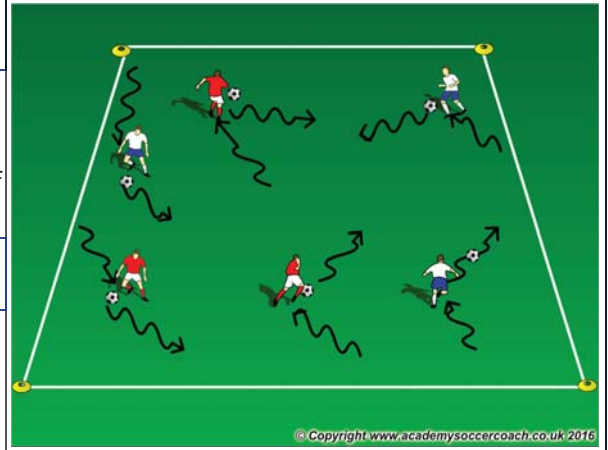
Duration 8 mins

In a 15Wx20L yard grid, each player has a ball, all patterns completed using both feet. 1. Push the ball with the outside of the foot (pinky toe) then the inside (big toe), favorite foot first, then the other foot, repeat, "outside, inside, outside, inside". 2. Inside right foot to inside left foot then roll the ball from right to left (w/bottom of foot or toe roll), now start w/inside left foot, "touch, touch, roll, touch, touch, roll".

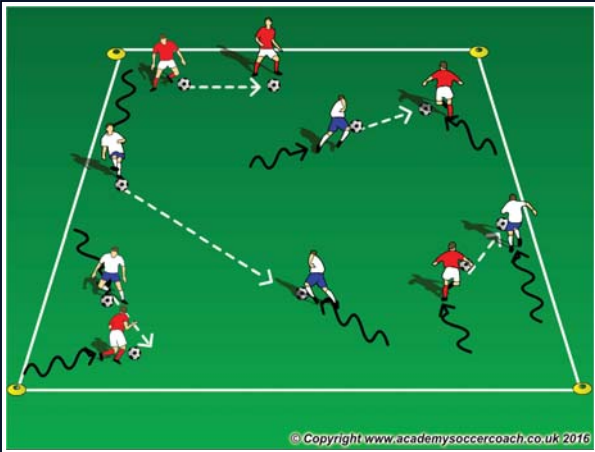
Variations

Activity Time Rest Intervals

- **Round 1:** Players do pattern #1 w/both feet, then pattern #2 with both feet, repeat
- **Round 2:** Add new pattern #3. Push the ball twice w/the laces then draw a circle around the ball, "laces, laces, circle", use other foot, "laces, laces, circle", repeat.
- **Round 3-4:** Combine patterns #1, #2, & #3, "Talk to your feet!"



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Activity 2 Ball Tag

Duration 8 mins

In a 15Wx20L yard grid each player has a ball and is dribbling around. Players will try to "tag" other players' soccer ball by passing their ball to hit another dribbler's ball. Every time a player hits (tags) another player's ball they get a point. Encourage passing with the inside of the foot. For safety, if a pass (tag) hits a player above the knees and not the player's ball, the passing player loses all their points.

Variations

Activity Time Rest Intervals

- **Round 1-2:** Players get a point every time they hit (tag) another soccer ball.
- **Round 3:** Coach(es) play. Players get 50 bonus points for tagging the coach's ball.
- **Round 4:** Players are in teams of 2 and work together with one ball to tag other soccer balls.

Activity 3 Freeze Tag

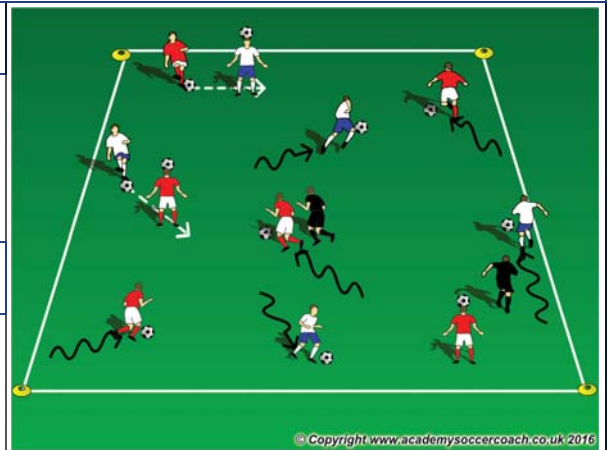
Duration 8 mins

In a 15Wx20L yard grid players are dribbling their soccer ball. 1-2 players don't have a ball and are the "freeze monsters". The freeze monsters try to tag the dribblers with their hand. If a dribbler gets tagged they are "frozen" and must stop, pick up their ball, and hold it above their head. The only way to get unfrozen is if another dribbler passes their ball through the frozen player's legs.

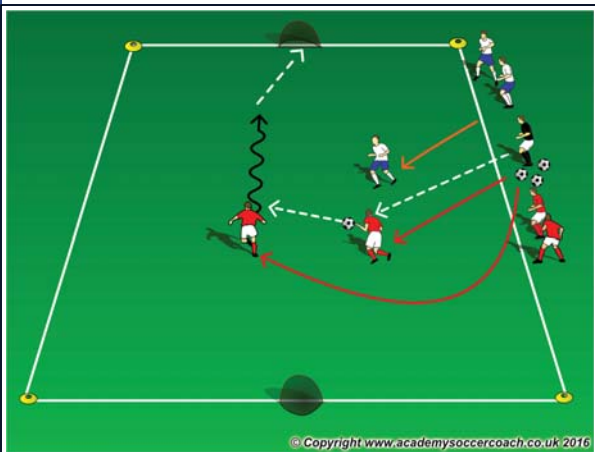
Variations

Activity Time Rest Intervals

- **Round 1:** Coaches start as the freeze monsters.
- **Round 2-3:** Select 1-3 players to be the freeze monsters.
- **Round 4:** Players get in pairs with one ball, avoid the freeze monsters, and unfreeze other players.



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Activity 4 Combat 2v1

Duration 8 mins

In a 20Wx15L yard grid with 1 goal on each end line, the coach makes two teams. Teams are on either side of the coach. When the coach serves a ball onto the field, the coach will tell one team to send out 2 players, and the other team to send out 1 player. Players retrieve the soccer ball and pass it into the opponent's goal for a point. Play for 90 sec. or until a goal is scored. Next group of 2v1 plays.

Variations

Activity Time Rest Intervals

- **Round 1-2:** One game of 2v1 at a time.
- **Round 3-4:** Coach can make the games of 2v2, 3v2, 3v3 & 4v3.

Game - 4v4

Duration - 25 mins

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