



# Indiana Soccer Training Centers

## Activity 1 Pairs Passing Competitions

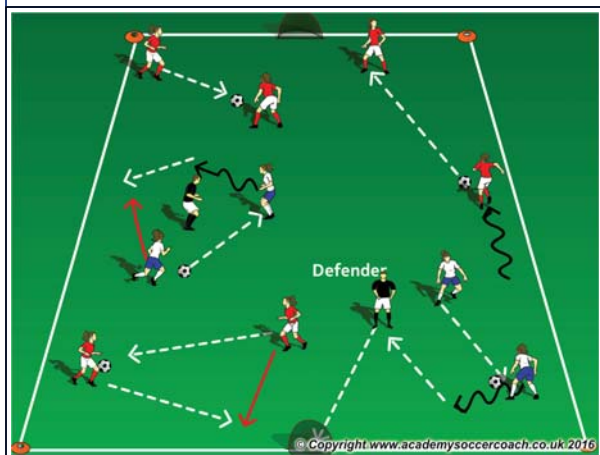
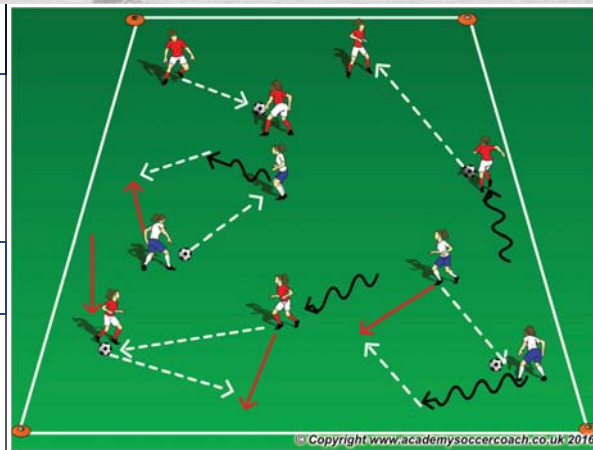
Duration 8 mins

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 1-2:** How many passes can you make, beat your score.
- **Round 3:** How many passes with your non-favorite foot, beat that score.
- **Round 4:** After receiving the ball, a player must dribble the ball first, then pass to their partner.



## Activity 2 Pairs Passing with Defenders

Duration 8 mins

In a 15Wx20L yard grid with a goal on each end, all players are in pairs with a ball. Select one pair to be the Defenders without a ball. The Defenders try to steal the ball from the passers and put it in a goal. The passing pairs can take the ball back from the Defenders. If the Defender succeeds in putting the ball in the goal the passing pair become additional Defenders.

### Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Two coaches start as the Defenders.
- **Round 2-4:** Select 2 players to start as the Defenders.

## Activity 3 2v1 to Goal

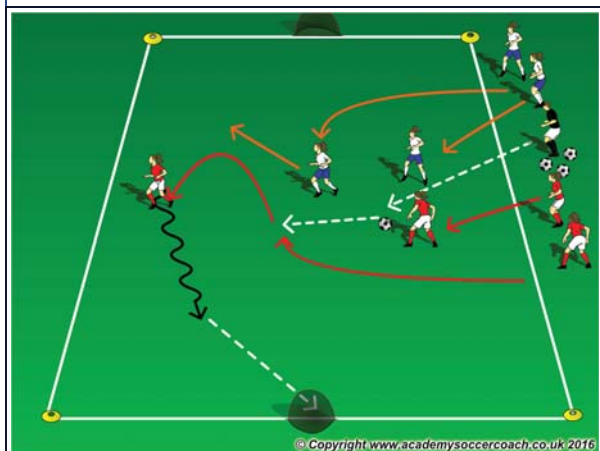
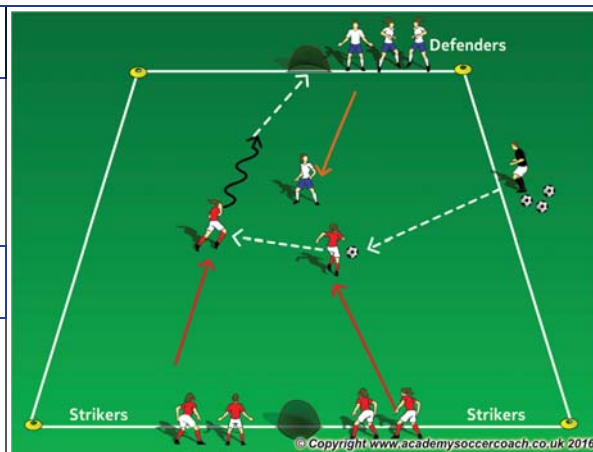
Duration 8 mins

In a 15Wx20L yard grid with a goal on each end line, coach has all the balls on the sideline at midfield. Coach divides the the players into 3 groups; 2 striker groups and 1 group of defenders. The coach passes the ball to one of the groups lines. The first player in each line enters the field. Play until a goal is scored or the ball goes out of bounds. Rotate the attacking and defending groups after a few rounds

### Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Bonus points awarded for scoring a goal after a pass.
- **Round 2:** Bonus points awarded for scoring a goal after a turn.
- **Round 3-4:** Play game for 30 seconds before rotating players.



## Activity 4 2v2 to Goals at Either End

Duration 8 mins

In a 15Wx20L yard grid, coach has all the balls on the sideline at midfield. Coach divides the players into 2 teams, a team is on either side of the coach. When the coach plays a ball onto the field, the first 2 players from each team will step on the field. Both teams can score on either goal.

### Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Award bonus points for scoring goals after a pass.
- **Round 2:** Award bonus points for scoring goals after a turn, or move.
- **Round 3-4:** Play 3v2, 3v3.

Game - 4v4

Duration - 25 mins

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