



Indiana Soccer Training Centers

Activity 1 Pattern Dribble

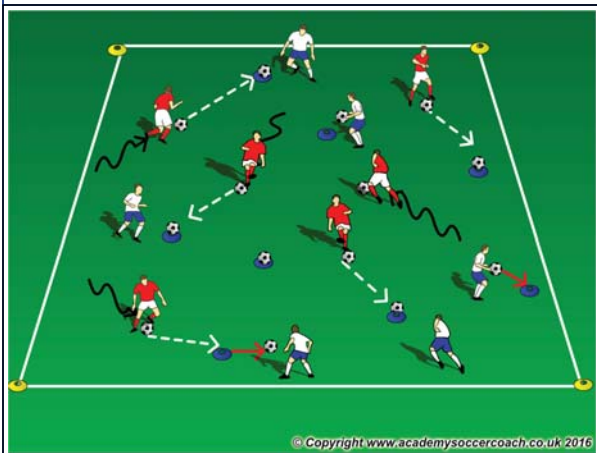
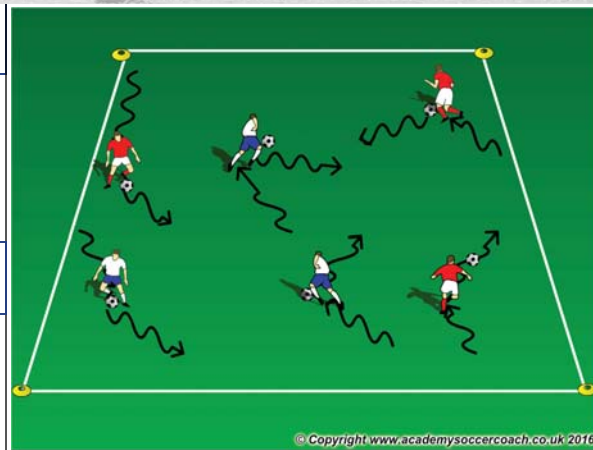
Duration 8 mins

In a 15Wx20L yard grid, players w/a ball, complete patterns using both feet. 1. Touch ball w/the outside, then w/inside, then use other foot, "outside, inside," repeat. 2. Inside right to inside left then roll ball from right to left foot(w/the bottom or toe roll) "touch, touch, roll", then use other foot, reverse. 3. Touch ball twice w/laces then draw a circle around the ball, then use other foot, "laces, laces, circle", repeat.

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

• **Round 1-3:** Players do patterns 1, 2, & 3 w/both feet repeatedly, "outside, inside, outside, inside" / "touch, touch, roll, touch, touch, roll" / "laces, laces, circle, laces, laces, circle". Add new pattern #4-Drag ball back w/right foot, touch ball behind left foot, take outside w/left foot, "drag, touch, take", then start new pattern w/left foot.



Activity 2 Cops and Robbers

Duration 8 mins

In a 15Wx20L yard grid with multiple disc cones scattered around the grid and soccer balls placed on top of them. Split the group into "Cops" & "Robbers". Each Robber has a ball, Cops do not. Robbers dribble around trying to knock the soccer balls off the cones by hitting them with their own ball. Each time a ball is knocked off a cone, 1pt. The Cops place the balls back on top of the disc cones.

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

• **Round 1-2:** Players switch roles, rotate through each group.
• **Round 3-4:** Longer passes that knocks a ball off a cone gets bonus points.

Activity 3 Pairs Cops and Robbers

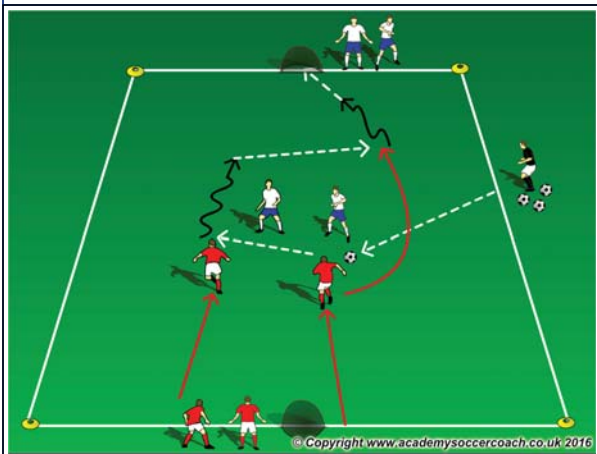
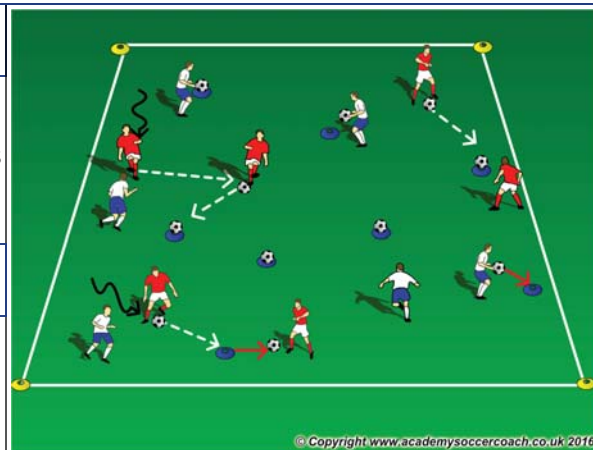
Duration 8 mins

In a 15Wx20L yard grid with multiple disc cones scattered around the grid and soccer balls placed on top of them. Players have a partner. Half of the pairs are "Cops" & half are "Robbers". Robber pairs have a ball, Cops do not. Robber pairs pass w/ their partner trying to knock the soccer balls off the cones. Each ball knocked down is 1pt. The Cops place the balls back on top of the disc cones.

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

• **Round 1-2:** Players switch roles, rotate through each group.
• **Round 3-4:** Longer passes that knocks a ball off a cone gets bonus points.



Activity 4 2 v 2 to Goal (More Passes, More Points)

Duration 8 mins

In a 15Wx20L yard grid with goals at each end, the coach is on the sideline at midfield with all the balls. Coach divides the players into 2 teams on either side of the goals. Coach serves a ball on the field and 2 players from each team run onto the field and try to score in the opponent's goal. Number of passes completed before scoring equals the points for the goal. Ex. 3 passes, then score = 3 points.

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

• **Round 1:** If a team can make 2+ passes before they score, goal is worth 10 pts more.
• **Round 2-4:** Add players to make it 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.