



Indiana Soccer Training Centers

Activity 1 Super Mario Brothers

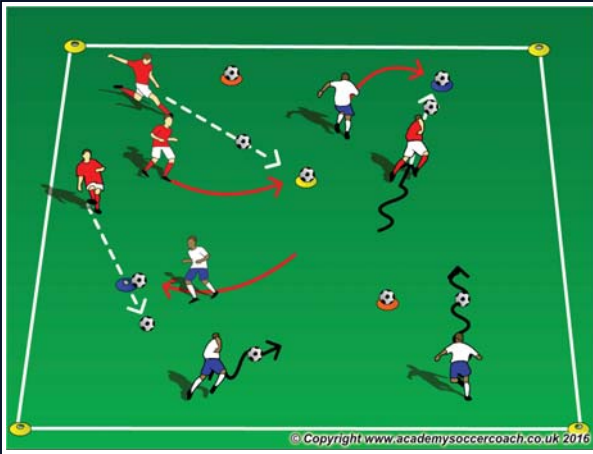
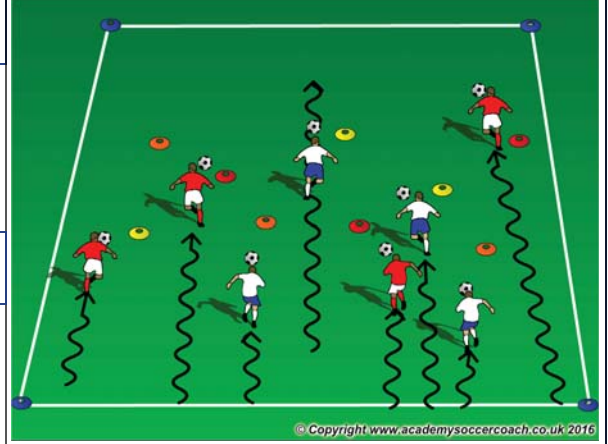
Duration 8 mins

In a 15Wx20L yard grid, place 8-10 cones randomly across the middle third of the field; these are mushrooms. All the players start at 1 end. On the coach's command, all the players try to dribble to the other side without hitting a mushroom. If all the Mario Bros. make it through, the coach puts down more mushrooms and the players try again. After all mushrooms are down (cones), have the players go faster.

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Players get through without hitting any mushrooms.
- **Round 2:** If a player kicks a mushroom, they must dribble around it twice before going to the end.
- **Round 3-4:** Players race to the other side without kicking any mushrooms.



Activity 2 Wreck It Ralph

Duration 8 mins

In a 15Wx20L yard grid, select 2-3 players to be Fix It Felix's. Felix's will place their soccer balls on top of cones to build a tower. The rest of the players are Wreck it Ralph's. They dribble their soccer balls around the grid and try to knock the balls off of the cones. The Felix's try to fix all the towers that Ralph has wrecked!

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Coaches can be either the Fix it Felix's or the Wreck It Ralph's.
- **Round 2:** Select 2-3 players to be the Felix's and the rest of the players are Ralph's.
- **Round 3+:** Rotate players into both roles each new round.

Activity 3 Pacman/Ms. Pacman

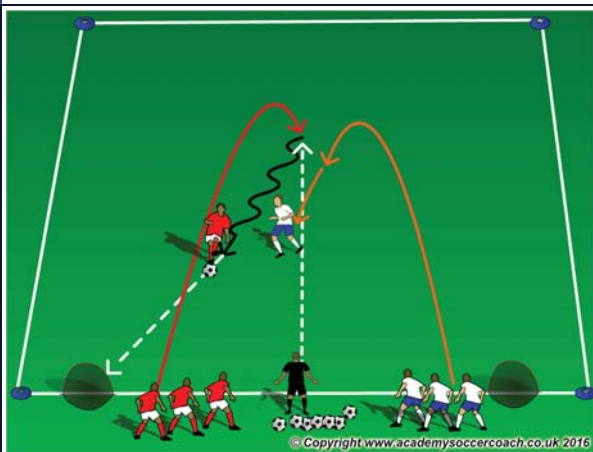
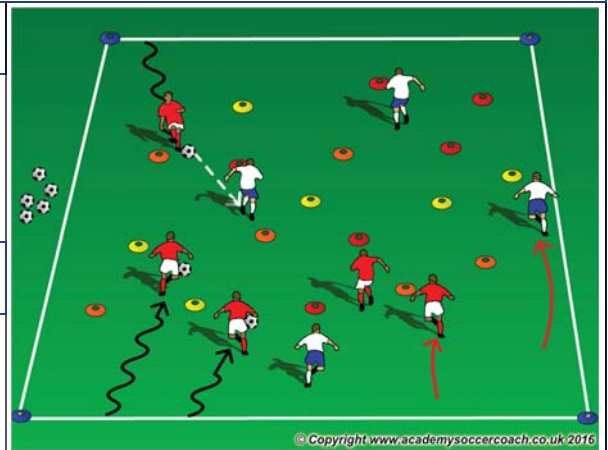
Duration 8 mins

In a 15Wx20L yard grid, scatter cones of different colors around the playing area. Select 2-3 players to be ghosts. Ghosts dribble their soccer ball and try to hit Pacman/Ms Pacman. Pacmen do not need a ball. They try to pick up as many cones as they can. If a ghost hits them below the knee, they drop their cones, get a ball and become a ghost. Coach can re-distribute the cones around the playing area.

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Pacmen who get hit by a ghost only lose their cones but keep playing.
- **Round 2-3:** Pacmen who get hit become ghosts also and hunt the Pacmen.
- **Round 4:** All Pacmen and ghosts have to dribble a ball. When a Pacman gets hit, they still join the ghosts.



Activity 4 Sonic The Hedgehog vs Knuckles & Tails

Duration 8 mins

15Wx20L yard grid, place 2 goals on the end line; 1 goal close to each corner. Divide the players into 2 teams. One team starts on the coaches right and one on his/her left. The coach starts in the middle of the 2 goals with all the soccer balls. When the coach serves a ball onto the field, 1 player from each team chases after it. Whomever get the ball tries to bring it back and score in their team's goal.

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Game lasts until a goal is scored or the ball goes out of bounds.
- **Round 2:** Game can be 1v1, 2v1, 2v2, 3v2 or 3v3; do not get bigger than 3v3.
- **Rounds 3-4:** If 2 players are on the field for either team, they both must touch the ball before it is scored.

Game - 4v4

Duration - 25 mins

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