



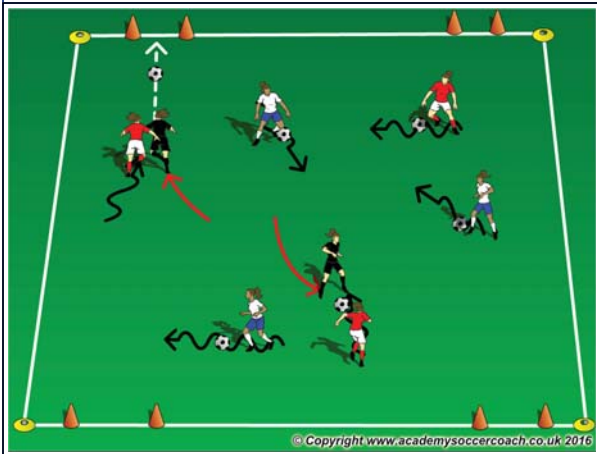
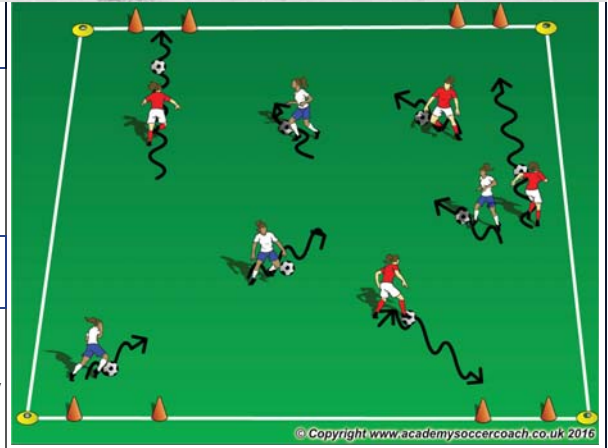
# Indiana Soccer Training Centers

## Activity 1 10 Touches - To the Drifting Continents Duration 8 mins

In a 15Wx20L yard grid, 2 goals (continents) at each end & each player with a soccer ball. The players dribble their soccer ball a specific pattern: Right foot - Outside of the foot (pinky toe)-Inside of the foot (big toe)-Repeat with Left foot. Inside right (big toe) to inside left (big toe) then roll with the bottom of right to the left-repeat starting with the inside left. On whistle, they all race to any continent.

**Variations** Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Players combine all touches with both feet.
- **Round 2:** Players race to any goal (continent) on coaches command.
- **Round 3+:** Players can race their friend; who can get all 10 touches then get to any goal (continent) the fastest.



## Activity 2 Saber tooth Squirrels (Scrat) Acorn Hunt Duration 8 mins

In a 15Wx20L yard grid, 2 goals at each end, 2 players are selected to be Scrats. The rest of the players dribble their soccer ball (acorn) anywhere in the grid and avoid the Scrats. The Scrats will try to steal their acorn and hide them in any of the 4 goals. The Scrats get a point for every goal they score. The dribblers can steal their ball back. If a goal is scored, the dribbler retrieves the ball (acorn) and plays.

**Variations** Activity Time 90 secs Rest 30 secs Intervals 4

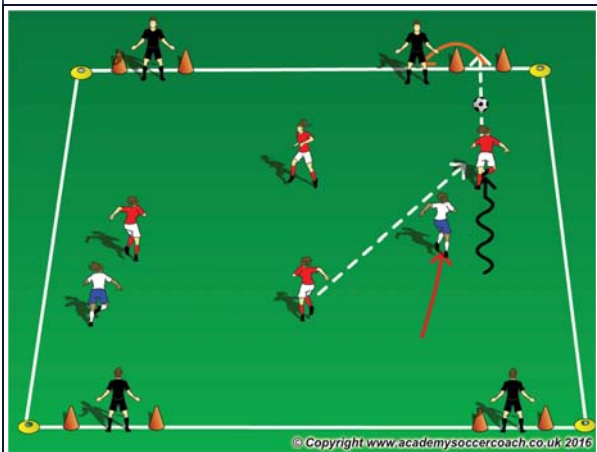
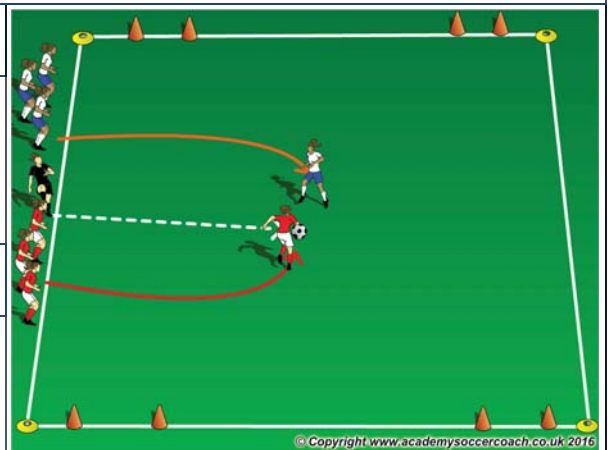
- **Round 1:** Coaches start as Scrat(s)
- **Round 2:** If a player loses his/her acorn, they must get it back and keep playing.
- **Round 3-4:** If Scrat steals the acorn and hides it in a goal, the player who lost it becomes a Scrat too.

## Activity 3 Manny Mammoths vs Capt. Gutt Pirates Duration 8 mins

In a 15Wx20L yard grid, 2 goals at each end, divide the players into 2 teams. The coach and all the soccer balls are on the sideline at midfield. The coach divides players into 2 teams; 1 team starts on the coach's right and the other on the left. When the coach plays a ball onto the field, 1 player from each team enters the field and tries to score in the opponent's goals. If ball leaves the field so do all the players

**Variations** Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** 1 player from each team play 1v1 to goal(s) or the ball leaves the field.
- **Round 2:** Coach can adjust the number of players on the field to: 1v1, 2v1, 2v2, 3v2 or 3v3; no bigger than 3v3.
- **Round 3:** Each player on the field has 1 goal they are allowed to score in.



## Activity 4 Collision Course Duration 8 mins

15Wx20L yard grid, place 2 goals on each end line. Play 3v3 to 4 Goals with Guards (ask a parent to stand in each goal). If the coach points to a parent, they can move to the side and their goal is the only goal that can be scored in; only 1 goal is open at a time. If the coach points to a new parent, the new goal is open and the old goal is now closed (parent steps back in front of the goal).

**Variations** Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Only 1 goal is open at a time.
- **Round 2:** Coach can have 1 goal at each end open.
- **Rounds 3-4:** If the goal guard is out, the guard counts to 15 seconds then moves back into goal. The coach can point to as many guards as he/she chooses.

**Game - 4v4 Duration - 25 mins Set up a 20W x 30L yard field and scrimmage. Take plenty of breaks for rest and water.**