



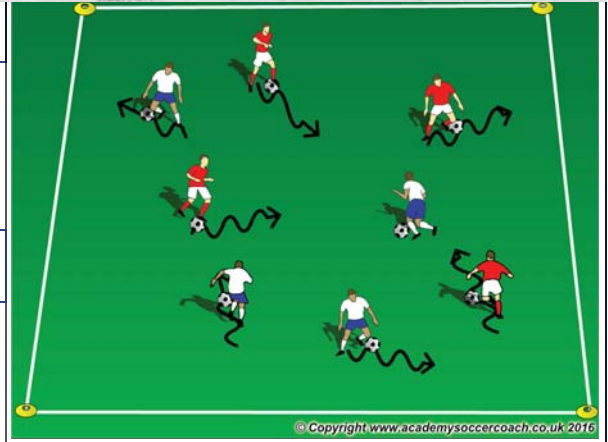
Indiana Soccer Training Centers

Activity 1 Big Hero 6 Surfaces - Dribbling Duration 8 mins

In a 15Wx20L yard grid, each player has a soccer ball. Have the players try to use 6 surfaces of their foot in 1 fluid motion and in order: Outside of the foot (pinky toe,) Inside of the foot (big toe), Laces, Bottom (sole), Toe & Heel. Once the ball has been touched with the heel, have them turn to the ball and try it with the other foot.

Variations Activity Time Rest Intervals

- **Round 1:** have the players use 1 surface at a time then layer in the next surface.
- **Round 2:** have them complete the pattern with their favorite foot.
- **Round 3:** have them complete the pattern with their non-favorite foot.
- **Round 4:** have them switch feet after completing all 6 surfaces with 1 foot.



Activity 2 Frozen Tag Duration 8 mins

In a 15Wx20L yard grid, the coach will select 2 Freeze Monsters who do not need a soccer ball. The rest of the players will dribble their ball around the grid. The Freeze Monster will try to tag the players with their hand. Once tagged, the dribbler is frozen and must stand still with the ball over their head. To get unfrozen, a teammate must pass the ball through the frozen player's legs.

Variations Activity Time Rest Intervals

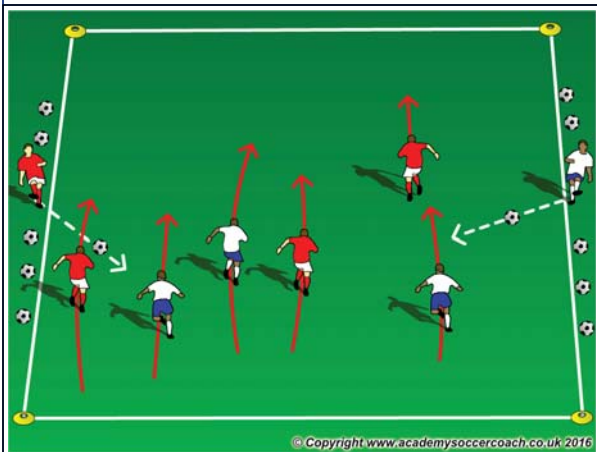
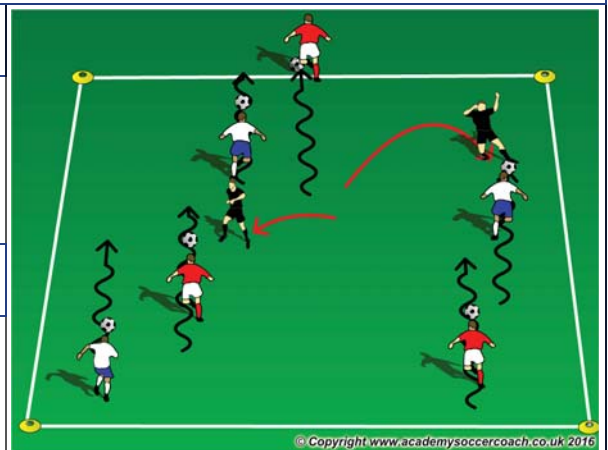
- **Round 1:** Coach is the Freeze Monster.
- **Round 2:** Select 1-3 players to be Freeze Monsters.
- **Round 3 & 4:** Coaches can unfreeze any frozen player by tagging them but if tagged by a Freeze Monster, the coach is out of the game.

Activity 3 Bruce the Sharks & Nemo Duration 8 mins

In a 15Wx20L yard grid, coach selects 1-3 players to be Bruce the Sharks. Sharks must stay inside the grid and do not need a soccer ball. The rest of the players are Nemos. They all have a soccer ball and start at one end of the grid. When the Bruce says, "Nemo, Nemo Cross My Ocean," the Nemos have to dribble their ball to the other side. If Bruce steals their ball, they become a Bruce the Shark also.

Variations Activity Time Rest Intervals

- **Round 1:** Coaches can start as Bruce the Shark(s).
- **Round 2:** Coach selects 1-3 players to be Bruce the Sharks.
- **Round 3 & 4:** Bruce the Sharks must dribble the ball out of the grid. If Nemo steals it back, he/she can try to get to the side.



Activity 4 Pirates of the Caribbean Duration 8 mins

In a 15Wx20L yard grid (the ship), place all the players (Captain Jack Sparrows) on one end line without soccer balls. All soccer balls (cannon balls) are lined up on either side of the grid. On the coach's command, the pirates will try to run to the other side of the ship without getting hit by a cannon ball below the knee. Coaches (Barbossa) will be the shooters to start. Pirates who get hit are now shooters.

Variations Activity Time Rest Intervals

- **Round 1:** Coaches start with the soccer balls but players are not eliminated if hit.
- **Round 2 & 3:** Once a player is hit below the knee, the must help the coaches and shoot cannon balls (soccer balls).
- **Round 4:** 2 players start as shooters. Coaches and players are the runners.

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