



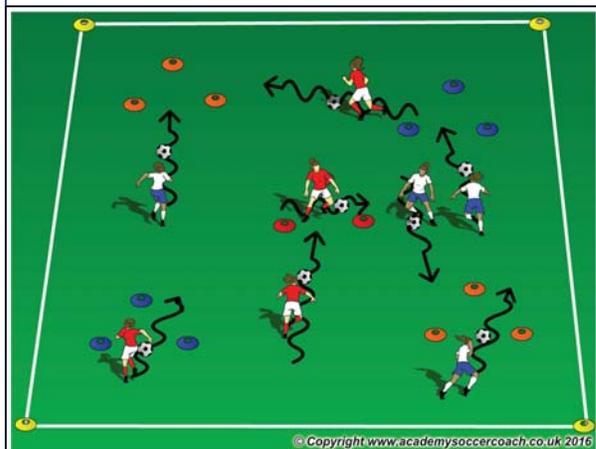
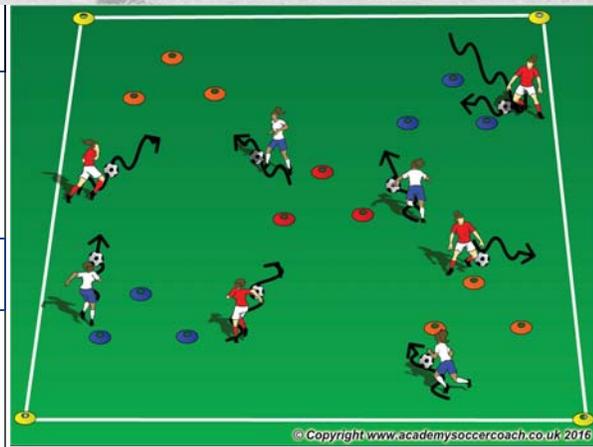
Indiana Soccer Training Centers

Activity 1 10 Touches - Explore the Planets Duration 8 mins

In a 15Wx20L yard grid with several 3 yard triangular shaped gates (Planets), have all the players dribble their soccer balls toward any planet. The dribbling pattern is: 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.

Variations Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Players race to get 10 touches with just the outside of each foot then the inside. Try to combine 1 foot (pinky toe to big toe) then combine both feet.
- **Round 2:** Players try to complete inside right-inside left-roll right to left and repeat.
- **Round 3+:** try to combine the 2 patterns on their way to a planet.



Activity 2 Dribbling Galaxy Hoppers Duration 8 mins

In a 15Wx20L yard grid with several 3 yard triangular shaped Galaxies, have all the soccer players dribble their soccer ball. In 90 seconds, challenge the players to get into and out of as many Galaxies as possible. Each new round, have them try to beat their previous score.

Variations Activity Time 90 secs Rest 30 secs Intervals 4

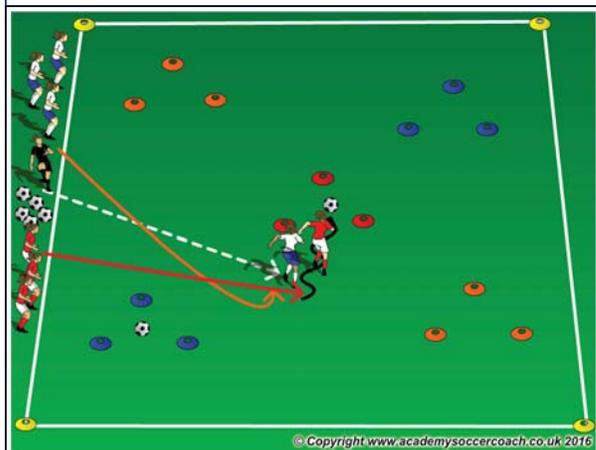
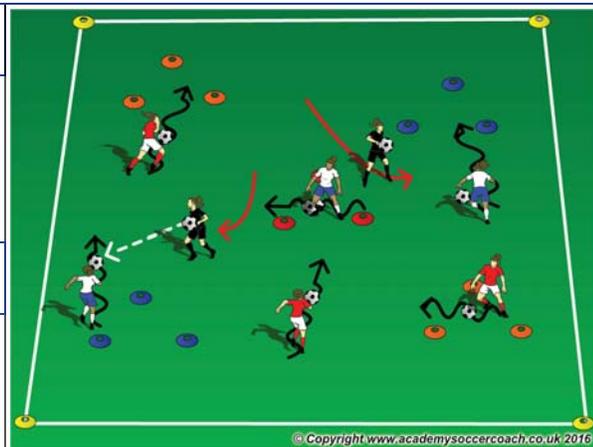
- **Round 1:** Get to as many Galaxies as possible.
- **Round 2:** Whichever side they enter the Galaxy, they must exit the same side.
- **Round 3 & 4:** Challenge the players to use the surfaces from Activity 1 on their way to each new Galaxy.

Activity 3 Space Invaders Duration 8 mins

In a 15Wx20L yard grid with several 3 yard Space Ships (bases). Select 2 players to be it. They have the ball in their hands and guarding the ships. The rest of the players dribble their ball around and they are space fighters that need to land on the ships to be safe. The space fighters are trying to avoid the guards so they can land on a ship. Have the space fighters count the number of ships they can get to.

Variations Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Coaches can start guarding the ships.
- **Round 2:** Select 2 players to start as guards of the ships.
- **Round 3-4:** Only 1 player on a ship at any time.



Activity 4 Battle Star Destroyers Duration 8 mins

In a 15Wx20L yard grid with several 3 yard triangular shaped Battle Stars. Divide the the players into 2 teams. The coach starts with all the soccer balls on the sideline and in the middle. 1 team starts on the coach's right side and the other on the left. When the coach puts a ball in play, 1 player from each team goes after it and stops it in any Battle Star. 2 Balls stopped in any Star by the same team, destroys that star.

Variations Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Play 1v1 Games (can play multiple games simultaneously).
- **Round 2:** Play 2v1 or 2v2 Games.
- **Round 3 & 4:** When playing 2v1 or bigger, extra points can be awarded if both players can touch the soccer ball before they stop it in a Battle Star.

Game - 4v4

Duration - 25 mins

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