



# Indiana Soccer Training Centers

## Activity 1 Red Light/Green Light

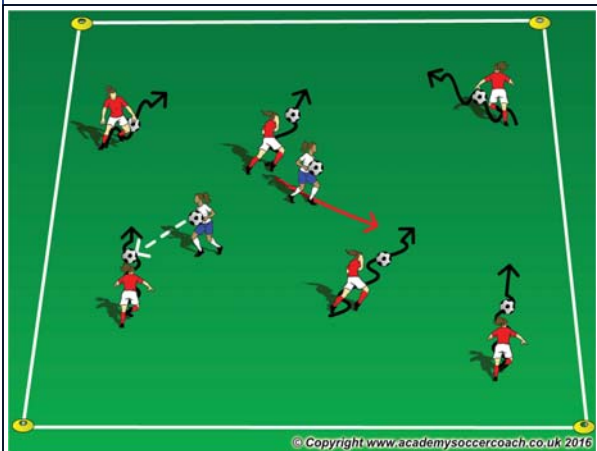
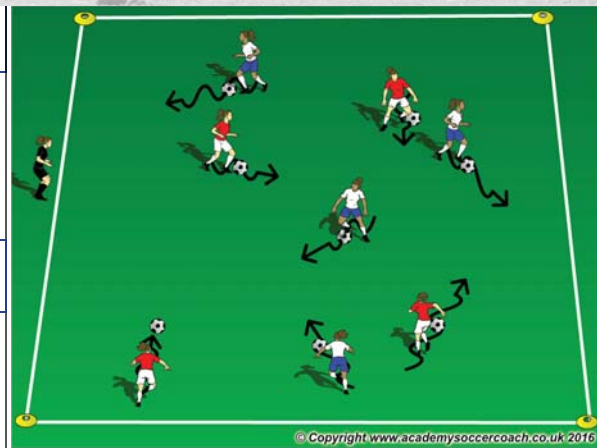
Duration 8 mins

In a 15Wx20L yard grid, each player with a soccer ball. The players dribble their ball around the grid. When the coach calls out "RED LIGHT," all players must stop their ball as fast as they can. If the coach calls out "GREEN LIGHT," all players must dribble their ball again. If the coach calls out "YELLOW LIGHT," coach's choice, players can either dribble very fast or slow like a turtle.

### 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.



## Activity 2 Chaos on the Highway

Duration 8 mins

In a 15Wx20L yard grid, select 2-3 who start with their soccer ball in their hands (Police Patrol). The rest of the players dribble their ball with their feet (like crazy drivers). The Police Patrol run around and try to ticket the crazy drivers by hitting the drivers ball with their ball (can only toss it underhand.) The Police Patrol count how many tickets they can give out in 90 seconds.

### Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Coaches start as the Police Patrol.
- **Round 2-3:** Players start as Police Patrol but trade places with the crazy driver whose ball they hit.
- **Round 4:** Any player tagged by the Police Patrol helps to write tickets.

## Activity 3 Crushing Monster Trucks

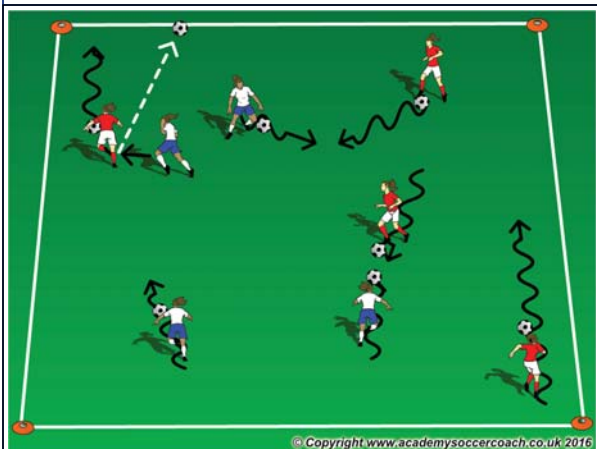
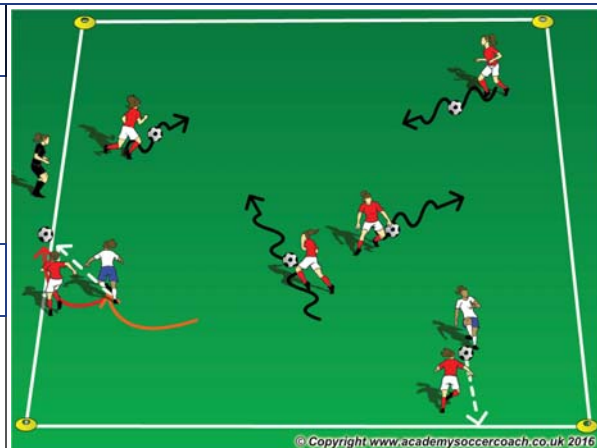
Duration 8 mins

In a 15Wx20L yard grid, select 2-3 Trucks (do not have a ball). All other players dribble their soccer ball around the grid and avoid the Trucks. The Trucks are trying to smash (kick) the soccer balls out of the grid. If a ball gets smashed out of the grid, the dribbler must go get it and re-enter the game. Coach can also ask them to complete a task before re-entering such as 5 toe taps.

### Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Coaches can be the Monster Trucks.
- **Round 2:** 2-3 Players are the Monster Trucks and they count the number of smashes they get.
- **Round 3-4:** Monster Trucks must get the ball to the coach to earn a point.



## Activity 4 Demolition Derby

Duration 8 mins

In a 15Wx20L yard grid, have all the players dribbling their soccer ball. On the coaches command, the players need to protect their ball while trying to kick the other soccer balls out of the grid. If a player's ball gets kicked out, that player must retrieve it and re-enter the Derby (game). Coaches can also have the players perform a task before re-entry such as 5 toe taps on the ball.

### Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Only the coaches can kick the soccer balls out of the grid.
- **Round 2:** The players are now dribbling and kicking other balls out of the grid.
- **Round 3 & 4:** Once a ball is kicked out, it stays out but the player without a ball can steal another ball and try to keep it (only dribblers can kick balls out of the grid).

Game - 4v4

Duration - 25 mins

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