



Indiana Soccer Training Centers

Activity 1 6 Surfaces - Dribbling

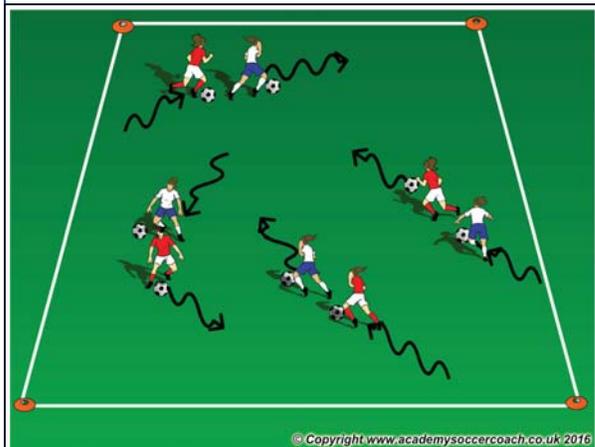
Duration 8 mins

In a 15Wx20L yard grid, each player has a soccer ball. Have the players try to use 6 surfaces of their foot in a fluid motion and in order: Outside of the foot (pinky toe,) Inside of the foot (big toe,) laces, bottom (sole), toe, and heel. Encourage the players to talk to their feet. "Outside, Inside, Laces, Bottom, Toe, Heel!"

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

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



Activity 2 Dribble Tag

Duration 8 mins

In a 15Wx20L yard grid, each player with a ball. On the coach's command players dribble around the grid and try to gently tag, with their hand, as many players as they can. Players must be dribbling and have the ball at their feet when tagging another player to get the point. Avoid getting tagged by other players.

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** To get a point players must be tagged only in the back.
- **Round 2:** Player gets tagged she dribbles to a sideline, turn and reenter the game
- **Round 3-4:** Players get in pairs and work together to keep the ball w/out getting tagged.

Activity 3 Dribble Combat

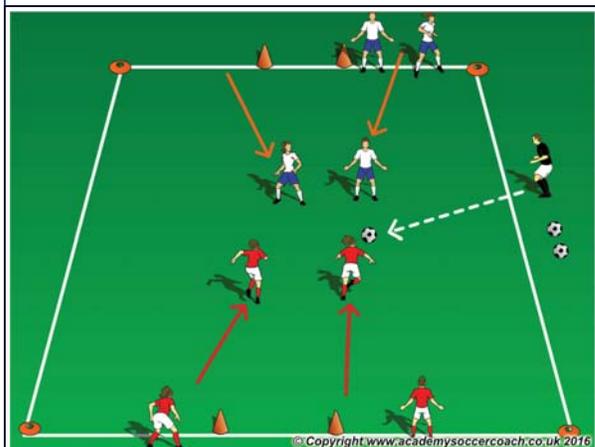
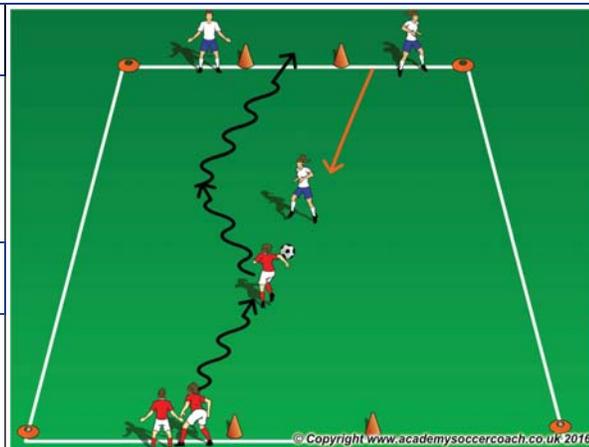
Duration 8 mins

In a 15Wx20L yard grid with a goal on each end line. Each team starts next to their goal. One team starts with a ball. The first player from each team steps onto the field. The player from the team with the ball dribbles and tries to score in the opponent's goal. The player from the team without the balls tries to steal it and score in the opponent's goal. Shooting goal = 1pt, Dribble goal = 10pts.

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1-2:** Each team takes a turn starting with the ball.
- **Round 3-4:** Team with the ball sends two players out, team without the ball still only one to make the game 2v1. Score in the opponent's goal.



Activity 4 2v2 Numbers Game

Duration 8 mins

In a 15Wx20L yard grid and a goal on each end line. Each team starts next to their goal. The coach and all the soccer balls are on the sideline at midfield. The coach assigns a number to each player on both teams. Coach calls out two numbers and plays the ball onto the field. The players with those numbers enter the field and try to score in their opponent's goal. Dribble goal is 50 pts. All other goals are 1 pt.

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Coach starts by calling out two numbers for a 2v2.
- **Round 2:** Coach can call out three numbers for a 3v3.
- **Round 3-4:** Coach calls out four numbers for a 4v4 (no more than 4v4).

Game - 4v4

Duration - 25 mins

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