



Indiana Soccer Training Centers

Activity 1 Math Dribble

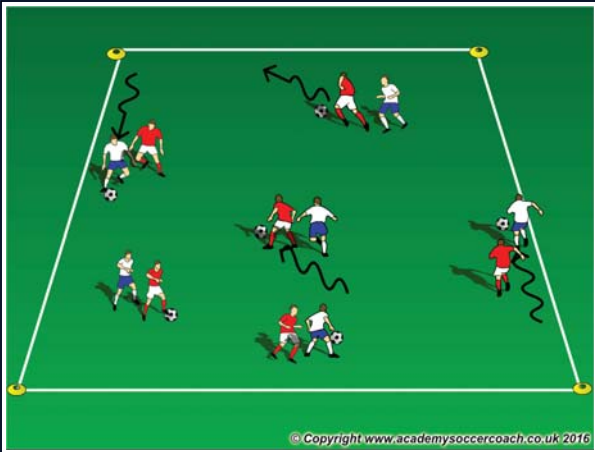
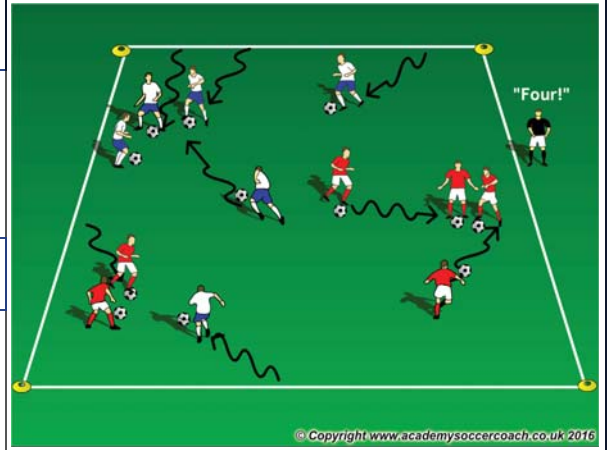
Duration 8 mins

In a 15Wx20L yard grid each player has a ball and is dribbling around the grid. The coach calls out a number, players must get into groups of that number. Example, Coach calls the "#4" and players must dribble their ball and assemble in groups of 4 as fast as they can. See which players gather in groups of 4 the fastest. Then the Coach tells players to dribble and calls out another number, repeat.

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** If a player goes out of bounds or bumps another player or their ball while dribbling, that player does 10 toe taps on the ball and then continues to dribble.
- **Round 2-4:** Coach calls different #'s or different items like colors of socks or shorts.



Activity 2 Steal and Shield

Duration 8 mins

In a 15Wx20L yard grid, each player has a partner with one ball to share. One player starts with the ball. On the coach's command the partner tries to steal the ball away. Once a player steals the ball they must try and keep possession until the end of the round. The partner who ends up with the ball gets a point. If the ball goes out of bounds, the player who kicked the ball out must give possession to their partner.

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1-2:** Players work against only their partner.
- **Round 3-4:** If a player loses possession and can't steal the ball back from the player who just stole their ball, they can now steal a ball from any player with a ball.

Activity 3 Four Goals Game

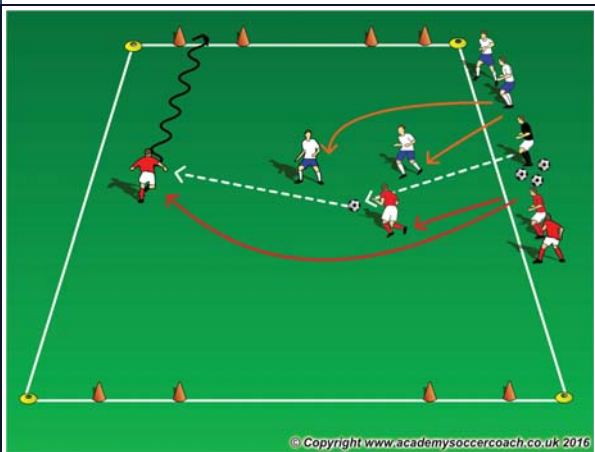
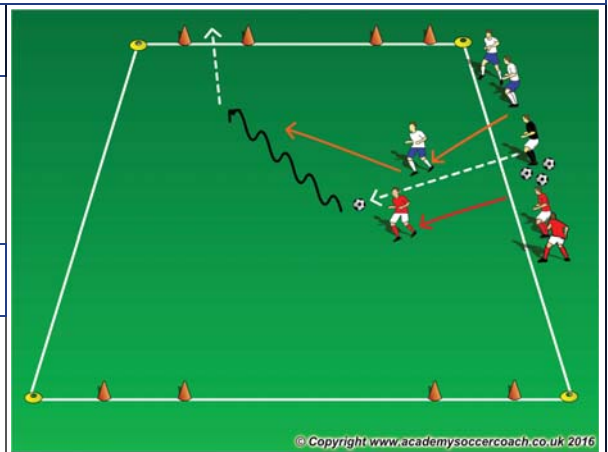
Duration 8 mins

In a 15Wx20L yard grid with 2 goals (2-3 yards wide) at each end, the coach is on the sideline at midfield with all the balls. Coach divides the players into 2 teams who set up on either side of the coach. Play starts when the ball is served onto the field and 1 player from each team steps on and tries to score in either of the opponent's 2 goals. Each game goes for 30sec. or until a goal is scored.

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Passing into the goal is 1 point, dribbling through either goal is 10 points.
- **Round 2-3:** Bonus points awarded for goals scored after a turn, move or pass.
- **Round 4:** Coach can play 2v1, 2v2, 3v2 or 3v3 with each serve.



Activity 4 2v2 to Four Goals

Duration 8 mins

In a 15Wx20L yard grid with 2 goals (2-3 yards wide) at each end, the coach is on the sideline at midfield with all the balls. Coach divides the players into 2 teams who set up on either side of the coach. Coach serves a ball onto the field and 2 players from each team steps onto the field and tries to score in either of the opponent's 2 goals. Play until a goal is scored or the ball goes out of bounds.

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Bonus points awarded for a Dribble goal or if both players can touch the soccer ball and score.
- **Round 2:** Play 30 sec games before rotating players.
- **Rounds 3-4:** Add players to make it 3v2 or 3v3.

Game - 4v4

Duration - 25 mins

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