



Indiana Soccer Training Centers

Activity 1 Pattern Dribble

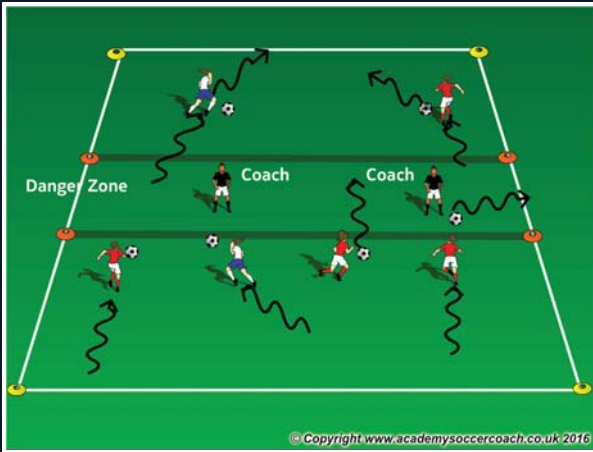
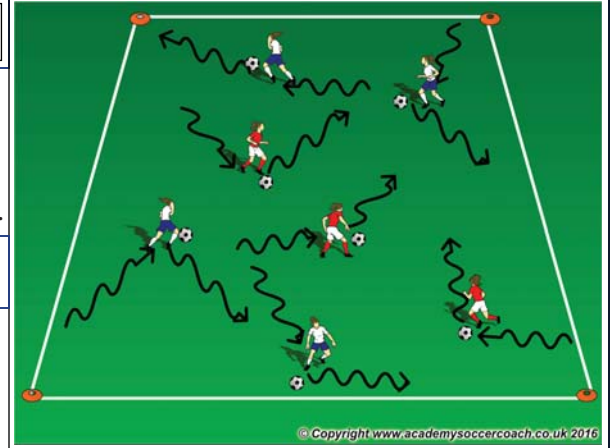
Duration 8 mins

In a 15Wx20L yard grid, each player has a ball, all patterns completed using both feet. 1. Push the ball with the outside of the foot (pinky toe) then the inside (big toe), favorite foot first, then the other foot, repeat, "outside, inside, outside, inside". 2. Inside right foot to inside left foot, then roll the ball from right to left (w/bottom of foot or toe roll), now start w/inside left foot, "touch, touch, roll, touch, touch, roll".

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1-2:** Players do pattern #1, one foot at a time, then combine feet, "outside, inside, outside, inside", repeat.
- **Round 3:** Players do pattern #2 with both feet, "touch, touch, roll, touch, touch, roll"
- **Round 4:** Combine pattern #1 with pattern #2. "Talk to your feet!"



Activity 2 Danger Zone

Duration 8 mins

In a 15Wx20L grid with a 3 yard zone across the middle of the field, all the players on one end line with a soccer ball. Coach(es) start inside the middle zone. On the coach's command players must dribble from one end line to the other through the danger zone to the other end line and stop their ball on the line. If the coach steals the ball and dribbles it to the side of the zone that player is now in the danger zone.

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Players can steal the ball back from the coaches and get to the end line.
- **Round 2:** Only way to get the ball from a dribbler is to steal it and dribble the ball to the sideline. If the ball is kicked away, the dribbler gets their ball back again.
- **Round 3-4:** Players get in pairs and work together to cross the danger zone.

Activity 3 2v1 Dribble Score

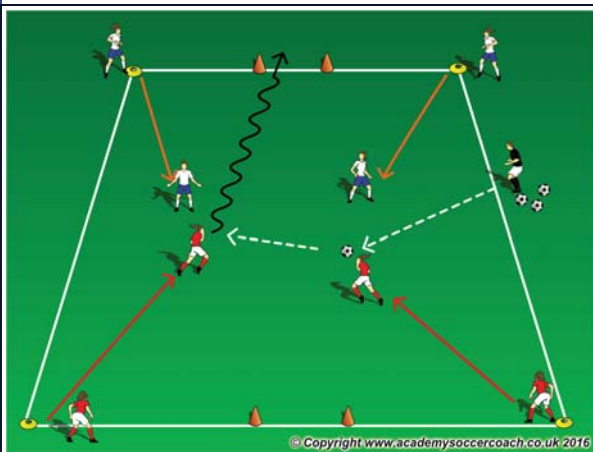
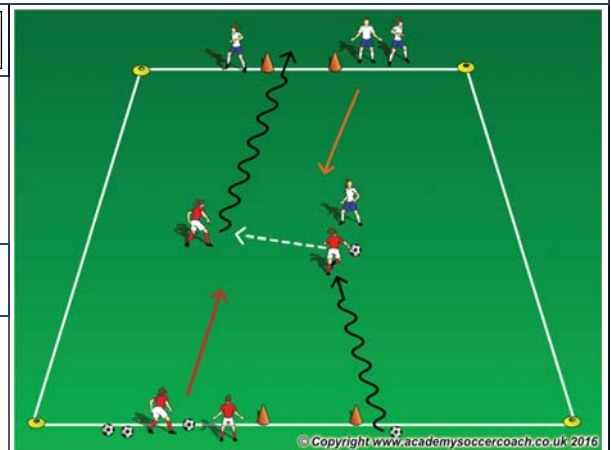
Duration 8 mins

In a 15Wx20L yard grid, a 3 yard cone goal on each end line, half the team is next to each goal. The balls are with one team to start. The team with the ball sends 2 players on the field. The team without the ball sends one player. To score players must dribble through their opponent's cone goal.

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Alternate teams who start with the ball. If the ball is scored or goes out of bounds, play is done; new game begins.
- **Round 2:** If the player steals from the two players and scores it's double points.
- **Round 3-4:** Add a player for a 2v2 game.



Activity 4 4 Corner Game

Duration 8 mins

In a 15Wx20L yard grid, 3 yard cone goals at each end, two teams, players from the same team are evenly placed by the corners of the goal they are defending. Coach is at midfield with all the balls. Game starts when the coach serves the ball to one of the corners. The first player at each corner comes onto the field. Players try to score on their opponent's goal. Play ends on a goal or the ball goes out of bounds.

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Start with 2v2 games.
- **Round 2:** Shooting goal is worth 1 point, a dribble goal is worth 10 points.
- **Round 3-4:** Coach can add more players at their discretion.

Game - 4v4

Duration - 25 mins

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