



Indiana Soccer Training Centers

Activity 1 Angry Birds

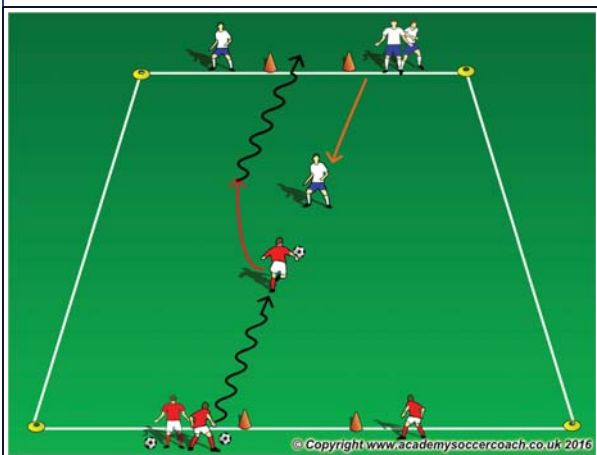
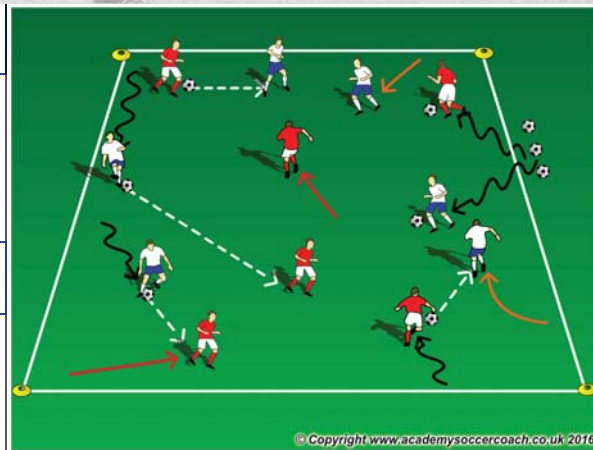
Duration 8 mins

In a 15Wx20L yard grid, Coach will select 2-3 players to be Angry Birds with a ball. The rest of the players are Piggies and do not have a ball. Angry Birds try to tag the Piggies by passing their ball to hit the Piggies below the knee. If a Piggy gets tagged they get their ball and join the Angry Birds. If Piggies leave the grid to escape Angry Birds they become Angry Birds.

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Coach(es) start as Angry Birds.
- **Round 2-4:** Coach selects 2-4 players to be Angry Birds, rotate starting Angry Birds.



Activity 2 Dribble Combat

Duration 8 mins

In a 15Wx20L yard grid with 3 yard goals on each end line. Each team starts next to their goal. One team starts with the ball. The first player from each team steps onto the field. The player from the team with the ball dribbles down the field and tries to score in the opponent's goal. The player from the team without the ball tries to steal it and score in their opponent's goal.

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1-2:** Shooting goal is 1pt, dribble through the goal is 10pts,
- **Round 3-4:** Team with the ball sends two players out, team without the ball still only sends one player for a 2v1, then go to 2v2.

Activity 3 4 Corner Shooting

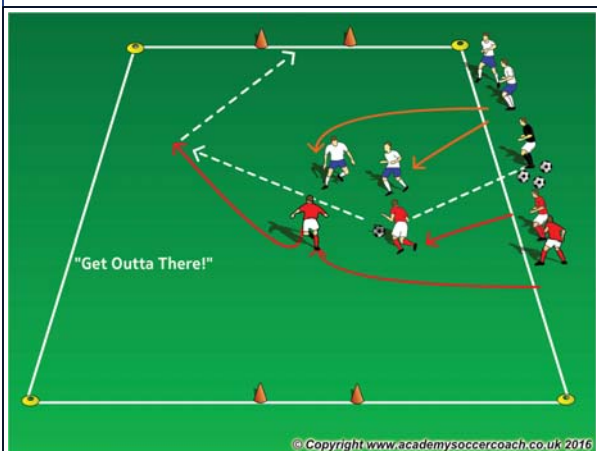
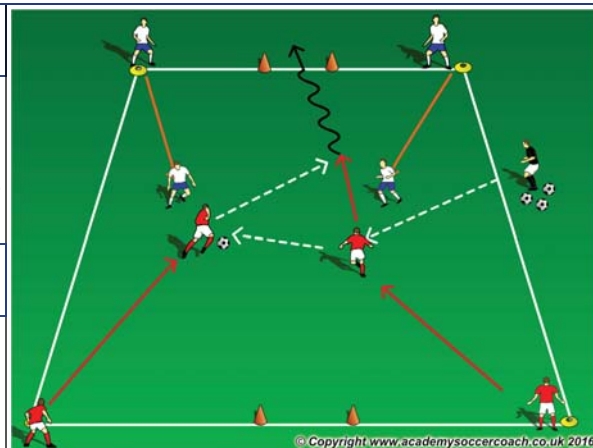
Duration 8 mins

In a 15Wx20L yard grid, 3 yard cone goal at each end, two teams with players from the same team placed at the end line corners of the goal they are defending. Coach is at midfield with all the balls. Game starts when the coach serves the ball onto the field and the first player from each corner enters the field. Players try to score on the opponent's goal. Play ends with 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, long range goal is worth 10 points.
- **Round 3-4:** Coach can add more players at their discretion.



Activity 4 Get Outta There!

Duration 8 mins

In a 15Wx20L yard grid, a goal on each end line. The coach and all the soccer balls are on the sideline at midfield. Coach divides the players into two teams; 1 team starts on the coach's right and the other on the left. When the coach plays a ball onto the field, 2 players from each team enter the field and try to score in their opponent's goal. After a goal or ball out of bounds coach calls "Get Outta There!"

Variations

Activity Time 90 secs Rest 30 secs Intervals 4

- **Round 1:** Two players from each team play 2v2 until a goal or the ball is out of bounds. When the coach says "Get Outta There!", players leave the field immediately. Coach plays a new ball onto the field for the next 2v2.
- **Rounds 2-4:** Coach can make games 3v2, 3v3 as players get back to their teams

Game - 4v4

Duration - 25 mins

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