



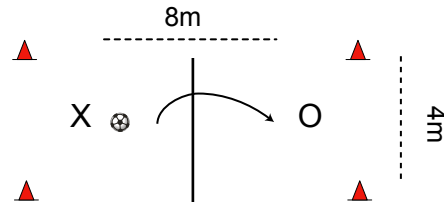
INDOOR SOCCER PRACTICE # 6

Practice Focus: Passing, Control, Dribble, Fun

Time: 1.5 hrs

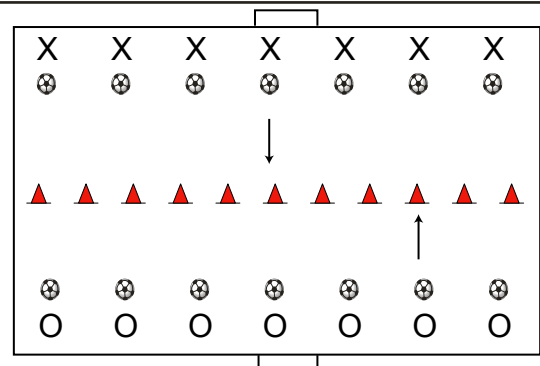
Warm-Up: Dribble, Control, Passing(30 min)

1. In pairs, one player with a ball. Player without ball jogs around field freely changing directions often. Player with ball follows while dribbling. Switch after 30 seconds. Two turns each.
2. Runner's stretch (2x30 seconds on each side)
3. All players in one half of the field. Every player except two has a ball. Players without ball try to steal a ball and pass it into the other half of the field. Players who lose ball must go and get it. Count # of steals in one minute. Rotate players without ball.
4. Quad stretch.
5. Soccer Tennis:
 1. Mark an 8m x 4m court.
 2. Put a badminton net, bench or other obstacle in the middle.
 3. Players one touch ball to each other across net.
6. Hamstring stretch.
7. Make a 6m x 6m grid. 4 players are along each side line, two with a ball who pass it through grid avoiding player in the middle.
8. Heel stretch.



Technical Skill: Passing Accuracy (15 min.)

1. Place as many cones as players across the middle of the field.
2. Split the team into two groups, each player with a ball.
3. Position half the players at one end line, the other half at the other end line. Both groups must be the same distance from the cones.
4. Players pass at cones, trying to knock them over.
5. Players can only retrieve balls in their own half.
6. When all cones are knocked down, count how many cones each team knocked down (they will be in opponent's half). Repeat.

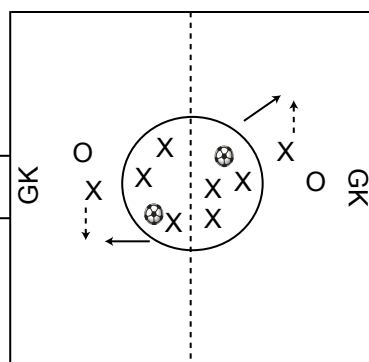


Fitness Drill: Sprint and Shoot (15 min.)

1. Server (S) passes ball softly ahead.
2. X and O sprint to ball trying to get a clean first touch shot on goal.
3. Play in both directions.
4. After sprint, X and O go to the end of the opposite line.



Tactical Drill: Reaction Pass in a 4v1 (10 min.)

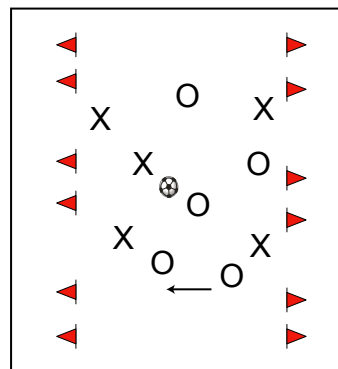


Two groups of 3 play one touch passing in their respective half of a center circle.

On command they pass the ball to a team mate in their half and join to play 4v1 vs. a single defender (O).

Rotate O's.

Scrimmage: Lots of Goals (20 min.)



X and O each defend 3 1m wide goals. In diagram X play left to right.

Players can score from either side of goal.

They cannot score in same goal twice in a row.