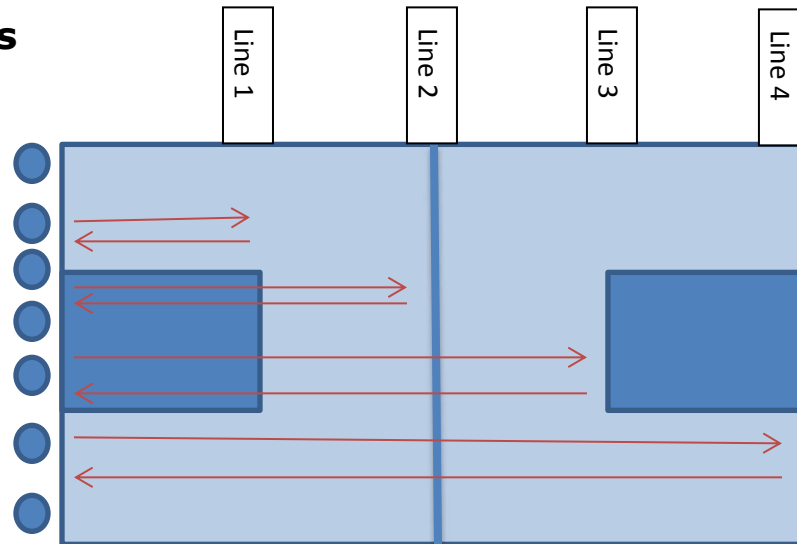


Indoor Soccer Drills- Challenging

Dribble Lines



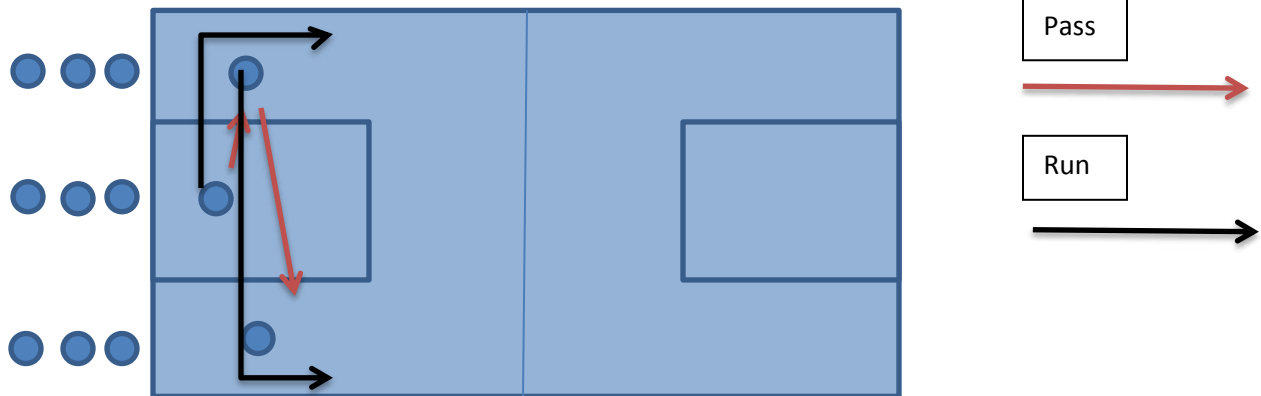
Set Up: Have each player spread out on the end line with a ball.

Directions: Prior to the whistle designate lines to which the players are to run to. On the whistle the players should dribble the ball to the first line and back to the starting point then immediately to the second line and back to the starting point. This should continue for however many lines the coach has designated.

Purpose: This drill helps the players gain ball control and the ability to change directions.

**** Make sure that the players focus on having complete control of the ball and that they explode off the line when they change directions.**

Dribble Weave (3-Man Weave)



Set Up: Form 3 lines on the end line. Give the middle line a ball.

Directions: The middle player will pass the ball to the right and sprint around the outside of the player he or she just passed the ball to. The player that now has the ball will dribble into a position in which he or she can pass the ball to the other player. Once the ball is passed the passer will follow behind the receiver. This whole time the trio will be progressing down the court and this process will continue until the group makes it all the way down the court. Once the group makes it to the end of the court they will shoot the ball in the goal and the next group can begin.

Purpose: This drill helps with ball control and passing on the move.

**** As time goes on the players will become more comfortable with passing and dribbling while running.**

3-on-3

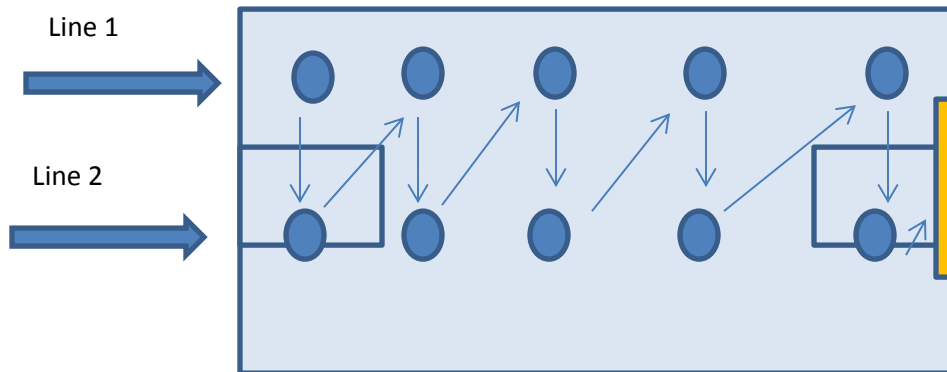
Set Up: Divide the team into groups of three. This drill will only take one half of the court. Start off with one team on defense (1 goalie and 2 defenders).

Directions: The 2 teams will play against each other. Once a team scores they become the defensive team and will play against the next team. If the defense stops the other team from scoring they will remain on defense

Purpose: This drill gets the players familiar with game-like situations. It also is a fun way to practice defense which is typically not younger soccer player's favorite part of the game.

**** Make sure you explain to the players the importance of defense and the different techniques that are necessary for being a good defender prior to participating in this drill.**

Full Court Pass and Shoot



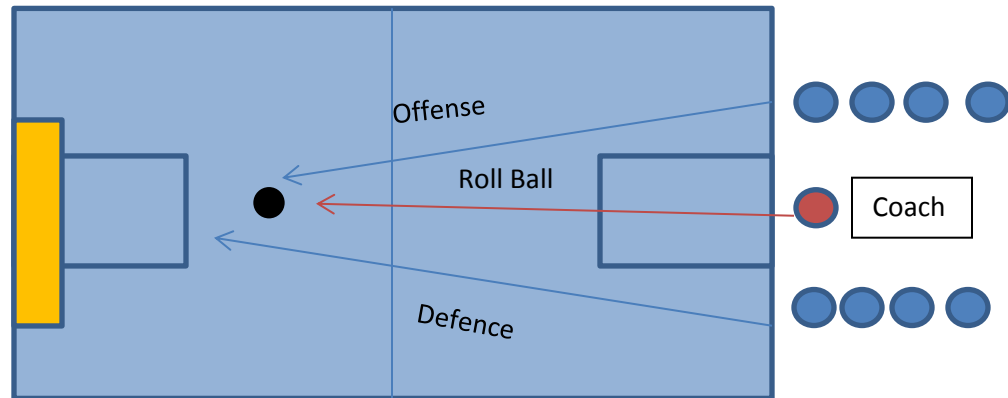
Set Up: Form two lines on one end of the court. Give all of the players in one line a ball.

Directions: The first person in each line will begin to pass the ball back and forth as they progress down the court. Once the players are within shooting distance one of the players can shoot the ball.

Purpose: This drill helps the players have awareness of the floor and know when it is logical to pass and when they are within shooting range.

**** Make sure that the lines are spread out and the passes made are game-like.**

Roll Out



Set Up: Form two lines on one end of the court. The coach should stand between the two lines with the ball.

Directions: The coach will roll the ball down the court. Once the coach blows the whistle the first player in each line will chase after the ball. Whoever gets to the ball first will be on offense and the other player will be on defense. The offensive player will try to score a goal.

Purpose: This drill helps players practice for 1-on-1 situations

**** Make sure that the players do not take too long to take a shot at the goal.**