



# INDOOR SOCCER

## SMALL SPACE TRAINING

BY TOM SAUDER

Print & Go Practice Plans and Drills

- skills and tactics for all ages
- an essential guide for all soccer coaches



# SAMPLE

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This is a **sample book**.

At Coach's Advantage, we know our products speak for themselves.

So we have given you the tools to run **one full practice**.

This sample includes:

- | Practice
- | Warm Up
- | Technical Skill
- | Fitness Drill
- | Tactical Drill
- | Scrimmage

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# INDOOR SOCCER PRACTICE # 1

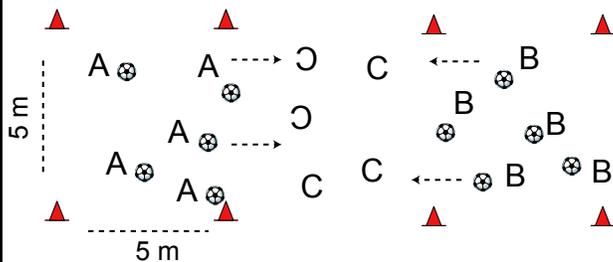
Practice Focus: Passing and Dribbling

Time: 1.5 hrs

## Warm-Up: Dribble and Pass(30 min)

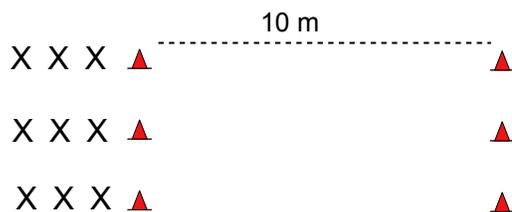
1. Divide field into two halves. Use one ball for every two players. Players dribble freely and pass to each other. They must make sure that there is always an equal number of players in each half.
2. Runner's stretch (2x30 seconds on each side)
3. Spread tall cones evenly around field. Every player except for 3 has a ball. Players with a ball try to shoot down cones, players without ball try to prevent "hits". Each player counts their number of hits and picks up cone after a hit. Rotate 3 players every 60 seconds to be without the ball.
4. Quad stretch.
5. Divide team into 3 groups and put groups into 5m x 5m grids. One player is in the middle of each grid. All others stay outside grid and try to hit player in middle with the ball below the knees. One ball for players outside grid. Rotate player in the middle after 30 seconds. NO HIGH SHOTS.
6. Hamstring stretch.
7. Repeat exercise # 5 giving outside players two balls.
8. Heel stretch.

## Technical Skill: Dribble and Tackle (10 min.)



1. Divide team into three equal groups.
2. Two groups (A & B) have a ball per player and start in grids.
3. The third group (C) is in the middle.
4. Players from group A and B dribble from grid to grid through players from group C. Players from group C try to win the ball from any player entering the middle section.
5. Players crossing to the opposite grid get a point for each successful cross. They then dribble across again. Players winning the ball in the middle now dribble to grids while player losing ball stays in the middle.

## Fitness Drill: Sprinting (15 min.)

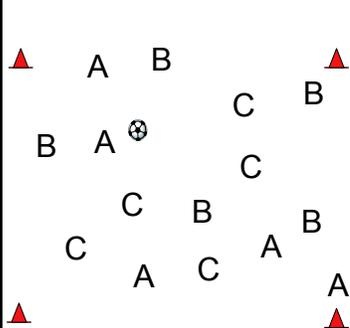


Players sprint 10m starting from different positions:

- a. feet parallel to each other.
- b. feet staggered, left foot forward.
- c. feet staggered, right foot forward.
- d. feet parallel, facing away from direction of sprint.

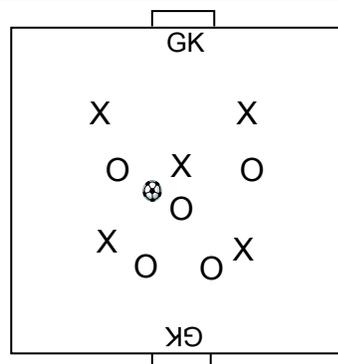
Next player in line gives a very slight push to start the runner.

## Tactical Drill: Two Touch Passing (15 min.)



- 3 teams each wearing different colour pinnies.
- 2 teams play together passing the ball to a player with a different colour in their group.
- 3rd team tries to take away the ball.
- team losing possession now plays defense vs. other two teams.

## Scrimmage: Game Situation (20 min.)



Two teams with substitutes.

Arrange players into your regular formation, i.e. 2-1-2 (shown), 2-2-1, 3-2.

Play continuous game substituting on the "fly".

Play 4 minute games and keep scores.



## Warm - Up # 1: Dribble and Pass

1. Divide field into two halves. Use one ball for every two players. Players dribble freely and pass to each other. They must make sure that there is always an equal number of players in each half.
2. Runner's stretch (2x30 seconds on each side)
3. Spread tall cones evenly around field. Every player except for 3 has a ball. Players with a ball try to shoot down cones, players without ball try to prevent "hits". Each player counts their number of hits and picks up cone after a hit. Rotate 3 players every 60 seconds to be without the ball.
4. Quad stretch.
5. Divide team into 3 groups and put groups into 5m x 5m grids. One player is in the middle of each grid. All others stay outside grid and try to hit player in middle with the ball below the knees. One ball for players outside grid. Rotate player in the middle after 30 seconds. NO HIGH SHOTS.
6. Hamstring stretch.
7. Repeat exercise # 5 giving outside players two balls.
8. Heel stretch.

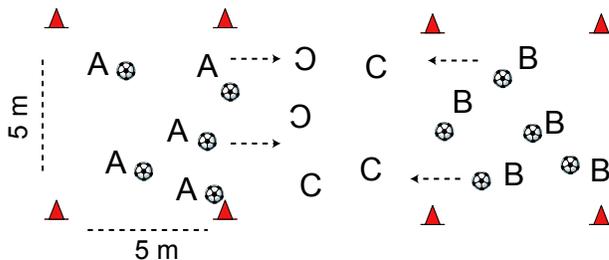
### Coaching Points/Progression

- Step 1: Encourage players to pass across half which forces them to be aware of the number of players in each half. Players need to talk to each other asking for the pass, indicating the runs, and send each other into the half that doesn't have enough players in it.
- Step 3: Players without ball need to decide which cones to defend. They must be encouraged to move to different cones so that the attackers can't focus on a few undefended cones. Encourage defenders to communicate strategically as to which cones to defend. Attackers hone perception skills to see which cones are open and to change their point of attack often. They should not be closer than 2m to the cone.
- Step 5: Players on outside of grid need to pass quickly, one-touch, to get the player in the middle to a position with their back to the ball. Then it will be easier to hit the target. If your players cannot keep ball low, stop the drill and practice passing keeping ball on ground.
- Step 7: Only do this if players are capable of keeping ball low. Otherwise repeat step 5.

### Coach's Notes



## Technical Skill # 1: Dribble and Tackle



1. Divide team into three equal groups.
2. Two groups (A & B) have a ball per player and start in grids.
3. The third group (C) is in the middle.
4. Players from group A and B dribble from grid to grid through players from group C. Players from group C try to win the ball from any player entering the middle section.
5. Players crossing to the opposite grid get a point for each successful cross. They then dribble across again. Players winning the ball in the middle now dribble to grids while player losing ball stays in the middle.

### Coaching Points/Progression

Players in the middle need to devise a strategy to win as many balls as possible. They want to face both dribbling groups and spread across their grid. Two middle players can decide to challenge one of the dribblers.

The dribblers need to choose a clear path through the middle and accelerate through it. They also can devise a strategy by attacking one side of the grid and then changing direction and shift to the side with more space.

If the players in the middle have little success add to their number by taking the ball away from some of the dribblers. Or, make the middle grid narrower.

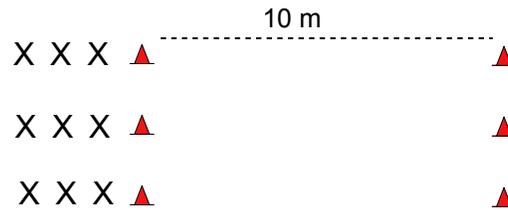
To challenge the dribblers in terms of perceiving their surroundings, take a point away from them each time they lose control of their ball by bumping into another dribbler.

Vary the rule in terms of what constitutes "winning the ball". To challenge group in the middle, it could mean a clear take away. To challenge the dribbler, a "win" could be simply touching the ball.

### Coach's Notes



## Fitness Drill # 1: Sprinting



Players sprint 10m starting from different positions:

- feet parallel to each other.
- feet staggered, left foot forward.
- feet staggered, right foot forward.
- feet parallel, facing away from direction of sprint.

Next player in line gives a very slight push to start the runner.

### Coaching Points/Progression

Players need to be in proper body posture to start the sprint, i.e. leaning slightly forward with their upper body and knees slightly bent.

In option (d), players need to pivot around on one foot before they start the sprint.

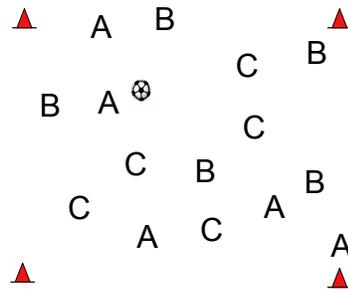
Increase the challenge by making this a relay race between groups. Players cannot start their sprint until the previous runner has crossed the target line. You may need to position a judge on the end line to signal when the player has crossed it.

You can also increase the fun by making up the groups according to positions, i.e. defenders, midfielders, forwards, goalies to determine which group is fastest.

### Coach's Notes



## Tactical Drill # 1: Two Touch Passing



- 3 teams each wearing different colour pinnies.
- 2 teams play together passing the ball to a player with a different colour in their group.
- 3rd team tries to take away the ball.
- team losing possession now plays defense vs. other two teams.

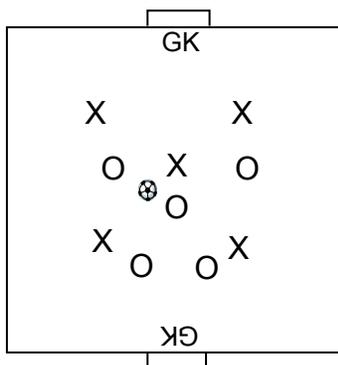
### Coaching Points/Progression

Start with team A and B playing together and team C is trying to win the ball. If a player from team A has the ball, he must pass to a player from team B. This requires perception and communication as well as players from team B moving into spaces to receive a pass. The two touch rule will require quick decision making and fast movements. Team C knows that only players from team B can receive the ball and that makes covering easy. They could choose to simply mark each player from team B, or they could send one player to challenge player from team A with the ball and all others to cover players from team B. If A passes successfully to a player from team B, team B player now must pass to a player from team A. Team C shifts their attention to marking team A. Communication will be the key. If team C wins the ball, they now play possession with team B and team A needs to win the ball back. Players must talk to each other so they know which teams are playing together. You can increase the challenge for the defending team by allowing the teams in possession to pass to anyone in the group of two teams.

### Coach's Notes



## Scrimmage # 1: Game Situation



Two teams with substitutes.

Arrange players into your regular formation, i.e. 2-1-2 (shown), 2-2-1, 3-2.

Play continuous game substituting on the "fly".

Play 4 minute games and keep scores.

### Coaching Points/Progression

This is a good opportunity to try different formations.

Also, have the two teams play in a different formation, i.e. a 2-1-2 vs a 2-2-1 so they can train how to play against opposing teams in a competition.

Stress communication so that players make the right runs when they gain possession, and pick up/mark opposing players when they need to transition to defense.

### Coach's Notes