



✓ **First Indoor Soccer Practice (New Team – 60 Minutes)**

🎯 **Goals for Session #1:**

- Break the ice & build chemistry
 - Assess player skill levels
 - Introduce basic indoor concepts: tight control, fast passing, spacing
 - Start shaping team habits: communication, quick transitions, high energy
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🕒 **0:00–0:08 – Arrival + Warm-Up Game**

- ◆ Name Game + Ball Juggling Circle (if players are new to each other)
 - Stand in a circle with a ball.
 - Pass it around — when you pass, say your own name (or the receiver's).
 - After 2 rounds, switch to juggling: can the group keep it up for 3, 5, 10 touches?
 - ◆ Dynamic Warm-Up with Ball
 - Here is a link to a [Pre-Game Warm Up](#) that can be done prior to a game
 - Here is a link to an Arrival Activity, [Rock-Paper-Scissor-Run](#).
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🕒 **0:08–0:20 – Technical Warm-Up: Ball Control & Dribbling**

- ◆ Station 1: [Dribbling Commands](#)
 - Small area (5x5 or 10x10 meters depending on group size)
 - Everyone with a ball
 - Coach calls out moves every 30–60 sec:
 - Keep heads up, change directions fast





♦ Station 2: [2v1 Mini Goals](#)

- Set up small goals with cones
- Players go 1v1 in a tight area
- Rotate pairs every 90 seconds

Focus: Close control, change of pace, shielding

🕒 0:20–0:30 – Passing & Movement + Indoor Spacing

- ♦ Triangle Passing (3 players per group)
 - One-touch if they can, or 2-touch
 - Emphasize constant movement — pass and replace the position
 - Add a defender in the middle once they get the rhythm

Coach Tip: Emphasize indoor soccer spacing — stay off the walls, create passing lanes, don't bunch up.

🕒 0:30–0:40 – Game Situation: Rondo into Possession Game

- ♦ [Attacking 3 vs 2](#)
 - Use it to teach team shape while attacking goal

Then transition to:

- ♦ 5v5 Keep-Away (Half-Court)
 - One team keeps the ball for 90 seconds
 - Other team defends
 - Switch roles — track completed passes
 - Bonus point if everyone touches before a goal
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🕒 0:40–0:55 – Scrimmage (With Teaching Moments)

- 5v5 or 6v6 (adjust to team size)
 - No coaching during play unless it's brief, positive feedback
 - Freeze occasionally to highlight:
 - Support angles
 - Spacing off the ball
 - Quick recovery on defense
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🕒 0:55–1:00 – Team Huddle + Wrap-Up

- Clean up the field and return gear back to the Equipment Cage
 - Debrief in the dressing room
 - Ask: "What's one thing you learned today?"
 - Set tone for season: hard work, fun, team-first
 - Let them know what next session will focus on (e.g., defense, rotations, set plays)
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✅ Optional Notes for Coach:

- Take mental notes: who's aggressive, shy, vocal, skilled, lost? This helps shape roles and future plans
- Emphasize fun and connection — they'll be more coachable when they enjoy being there.
- Keep water breaks short — indoor games are fast, so conditioning and pace matter.

