



“Inside” Soccer

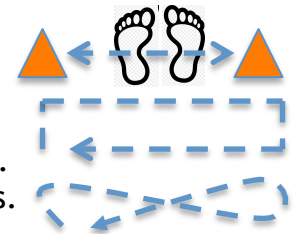
Try these activities using the insides of your feet.



Activation:

1) Movement without the ball:

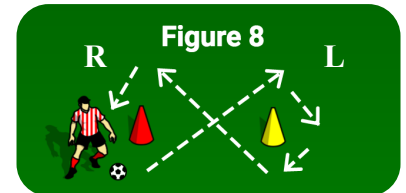
- Put 2 cones (or other objects) approx. 3-feet apart.
- Perform shuffles side to side inside cones.
- Perform box shape movement around outside of cones.
- Perform fig.8 movement through and around the cones.



Ignition Activities:

2) Two Cones

- Set up a small two-cone goal (or more, if space allows).
- Move side-to-side between cones passing the ball between the insides of your feet (“bells”).
- Perform box movement around cones (left foot to turn right/right foot to turn left).
- Perform a figure “8” through the cones.



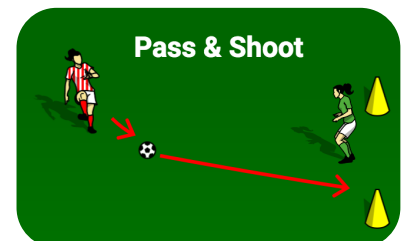
3) Knock Down

- Try to knock down a cone (or other object) by passing the ball with the inside of the foot.
- Play against a partner - if successful, try longer passes for more challenge.



4) Pass & Shoot

- Pass the ball diagonally forwards to yourself using one foot, then shoot on goal (with a goalkeeper, if possible) with the other foot.
- The diagonal touch encourages forward play and requires timing to hit a moving ball.
- If no goalkeeper, place obstacles in the middle of the goal and try placing the ball in a corner.



Game:

5) 1v1 Game

- Add an opponent for more competition.
- Try faking the defender by using insides of feet.

