

## MAA INDOOR SOCCER

### Drill Ideas

Here are some indoor soccer drills for beginners:

- **Dribble and shoot:** Dribbling is a good way to get past defenders and open up space. Practice dribbling and shooting to improve both skills.
- **1v1 competition:** 1v1 drills help players learn to react against an opponent and develop their skills.
- **Sharks and minnows:** A classic playground game that can be turned into a soccer drill. Players with the ball are the minnows, and they must keep the sharks from getting them.
- **Goal shots:** Set up a mock goal by taping dimensions on the floor or placing markers in the corners.
- **Four-cone passing drill:** A drill that focuses on passing and movement.
- **Dribble in a confined space:** Use cones, chairs, or other objects to create a small area and practice dribbling within it. Try different dribbling techniques like inside cuts, outside cuts, and step-overs.