



Grand Island Soccer Club Lesson Plan – Footskills 1

9-10 am

U8-10 with six trainers

50 players

As players enter field of play each coach will hand out 7/8 same colored pinnies

Chris K=light blue

Andy=red

Rom=yellow

Jeremy=orange

UB=green

Chris H=dark blue

1) Warm-up: 3 colors at one end, 3 other colors at other end

Cues: dribbling with all surfaces of foot, take ball to space, explode to space, move east-west and north-south, make a move when you come upon another player, experiment, use your imagination

2) Pac Man-everyone has ball, coach tosses down extra pinnies from the 3 groups, players dribble to their color, score by rolling ball over their pinnies color; over & back of pinnie. Race for 15 seconds, how many goals? Can't roll over same pinnie 2x in a row.

Cues: change direction, how do you take a ball to space (inside/outside of foot)

Modification-Create gates with colored pinnies. Use the same colors as your 3 groups. Same concept but two players from 2 different colors pair up, one ball. They may pass and play to two goals; each of the pairs two colors. A point is awarded when partners one touch ball through the goal successfully for four touches each

Modification-Same drill, still paired now the player scoring must only score in a goal marked with his color. What color is my teammate? Where are his goals? Play a ball to him in space toward that color

3) Pinnie Tag-each player takes their pinnie off and tucks it in the back of their shorts. All players have a ball, rip off a pinnie while dribbling. Your ball has to be near you in order to grab. Can't leave your ball. If your pinnie is grabbed you have to do 10 pistons before getting back in. Stuff your pinnie back in and get in the game.

4) Relay Race

5) Two man gates, two players, 3 discs, one ball

6) Steal the Bacon-Coaches create area just for their group. Players count off. Put half on one sideline, half on the other, Place ball in middle. Put two circular goals (made of pinnies or discs) in grid (anywhere), Call two numbers. They can play it to the sideline. They play 1 v 1.