



**Grand Island Soccer Club  
Drills for Pre-Match House Practices  
Weeks I & II**

As a U-8 or U-9 Grand Island Soccer Club House coach you've been asked to conduct a training session prior to each match. In my new role as Director of Coaching, the Board has asked that I provide you with drills suitable for your age group.

The training sessions are to be between 25 minutes in length leading up to your matches. Every two weeks you'll receive drills from me. The intent is that for two weeks you'll concentrate on the drills provided and repeat the same drills for a two-week period. This will enable the players to better grasp the concepts and allow them to repeat the physical requirements and skills. Make sure your players are challenged but successful with any drill.

If you require any other assistance or need clarification please feel free to e-mail me at [bbankerhome@yahoo.com](mailto:bbankerhome@yahoo.com).

Thank you for agreeing to coach within our club. We value your commitment and feel confident that you are focused on making our players better, allowing them to explore and experiment with this wonderful sport all while loving every minute of it.

**Drill #1                      Hitters & Dodgers**

**Purpose:** great warm-up that requires players to dribble in space and play with their heads up.

**Set-Up:** with pinnies, cones, saucers or using the existing lines on the field, create a grid approx. 15 yds x 15 yds. Adjust the size if the drill needs some modification. One ball for each player. Three players in the grid start dribbling balls. These are the "hitters". All other balls are on the outside of the grid. The remaining players are the 'dodgers' and are running inside the grid.

**Safety:** emphasize running & dribbling with your head up. Players need to watch out for their teammates. You may want to start with the dodgers walking, gradually move toward a light jog.

**Instructions:** instruct the dodgers to walk in the grid while the hitters attempt to dribble and strike a dodger with a kicked ball. The dodgers attempt to avoid being hit. Once they are hit they run outside the grid, collect a ball and dribble it in. They are now an extra hitter. The last player left in the grid without being hit is the champion dodger.

**Coaching Points:** keep the ball close to you; keep your head up, use the inside of the foot to strike it. try right only, left only, both feet.



## **Drill #2**                      **Hey Coach**

**Purpose:** to introduce dribbling, looking up and properly striking the ball at a target.

**Set-Up:** with pinnies, cones, saucers or using the existing lines on the field, create a grid approx. 20 yds x 30 yds. Adjust the size if the drill needs some modification. One ball for each player and every player is in the grid. Coach or coaches enter grid and jog lightly.

**Safety:** emphasize running & dribbling with your head up. Players need to watch out for their teammates. You may want to start with the dodgers walking, gradually move toward a light jog.

**Instructions:** players try and hit the coach with the ball. Each player gets a point every time they hit the coach. For pure fun and excitement, coaches should yell “ouch” when hit.

**Coaching Points:** keep the ball close to you; keep your head up, use the inside of the foot to strike it. If they master the inside of the foot try other parts of the foot. try right only, left only, both feet.

## **Drill #3**                                      **Sharks & Minnows**

**Purpose:** for players to begin to understand controlled dribbling and escaping pressure, it also introduces shielding

**Set-Up:** with pinnies, cones, saucers or using the existing lines on the field, create a grid approx. 20 yds x 25 yds. Adjust the size if the drill needs some modification. One ball for each player with the exception of two sharks.

**Safety:** emphasize running & dribbling with your head up. Players need to watch out for their teammates. You may want to start with the minnows walking, gradually move toward a light jog.

**Instructions:** the minnows try and protect their ball inside the grid, eventually moving across the grid line to safety. The sharks try and win possession and kick the ball out of the grid. If a minnow has their ball kicked out, they must retrieve it, bring the ball back to a point just outside the grid, perform 5 “foundations”\*\* and jump back in the grid ready to be a minnow again.

\*\*A foundation is a move whereby the ball is knocked back & forth from inside of the left foot to the inside of the right in a fast manner. The player is stationary with the exception of the feet.

**Coaching Points:** keep the ball close to you; keep your head up, use the inside of the foot to strike it. Shield the sharks.