



**Grand Island Soccer Club  
House Division  
Drills for Ages U-8 and U-9  
Drills for Weeks 5 & 6**

**Guard the Castle**

- Focus** Passing to an open teammate in an effort to attack
- Set Up** Set up grids of approx 15 yds x 15 yds. Organize your team into groups of four. Each group should have their own grid. One of the four should be declared the **Guard of the Castle**. If you have a different colored shirt or pinnie, the Guard should wear that. The “castle” would be a ball sitting in the middle of the grid. If you have a saucer or cone, place the ball on it. The Guard must be at least one yard from the Castle at all times.
- Intructions** The three remaining players play ‘keep-away’ from the Guard by passing the ball around until which time they have an open shot at the ball (castle). The players are trying to knock the ball off the saucer or enough so the Castle rolls over one revolution.
- Variations** Make the grid larger or smaller depending on the skills of the players. If your players are successful challenge them by DECREASING the size of the grid. You could require a minimum of 3 passes before any shot.

**The Flag Game-Dribbling in Tight Spaces**

- Focus** Dribbling with control, in tight spaces
- Set Up** Create a grid of approx 15 yds x 25 yds. Randomly toss flags; rags from home, pinnies, soccer saucers etc throughout the grid. Set up two less “flags” than players. If you have 12 players, set up 10 flags. All players are inside the grid with a ball.
- Instructions** Players should dribble freely inside the grid avoiding other players; reinforce safety rules. The congestion inside the grid requires all players to keep their heads up. When the coach yells, “stop”, each player must race to a free flag as quickly as possible. The first player to a flag owns the flag.
- Variations** Eliminate flags as the drill goes on. When the two players are unsuccessful in reaching a flag first, have the players do some skill moves or juggles before getting back in the game.