



**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

## **VIRTUAL PRACTICE PLAN**

### **SOCCER AGES 11-13**

Fitness works out are key to anyone playing or training for sports. Please visit our Les Mills classes for works. Suggestion would be to do a workout three times a week. Monday, Wednesday, Friday. Remember to drink plenty of water. <https://watch.lesmillsdemand.com/born-to-move-free>

**DAY OF THE WEEK: Monday, March 30<sup>th</sup>**

#### **FOCUS: DRIBBLING**

<https://www.youtube.com/watch?v=170dc2y0Lnc>

**DAY OF THE WEEK: Tuesday, March 31<sup>st</sup>**

#### **FOCUS: FOOTWORK**

<https://www.youtube.com/watch?v=SoijY4BUCtw>

#### **CONDITIONING**

**LES MILLS TIME!**

[https://youtu.be/Ms8\\_ZbqTNiw](https://youtu.be/Ms8_ZbqTNiw)

**DAY OF THE WEEK: Wednesday, April 1<sup>st</sup>**

#### **FOCUS: BAL CONTROL & FOOTWORK**

<https://www.youtube.com/watch?v=ift7AfeFluQ>



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**DAY OF THE WEEK: Thursday, April 2nd**

**FOCUS: MOVES TO GET AROUND THE DEFENDER**

<https://www.youtube.com/watch?v=AsFDd6t3Hhc>

**DAY OF THE WEEK: Friday, April 3rd**

**FOCUS: DRIBBLING**

<https://www.youtube.com/watch?v=Q7vUtARIRqY>

**CONDITIONING**

**LES MILLS TIME!**

<https://youtu.be/9WqkiB-GQMI>

**DAY OF THE WEEK: Saturday, April 4th**

**FOCUS: 1<sup>st</sup> TOUCH & PASSING**

[https://www.youtube.com/watch?v=us7Gfb\\_CsQQ](https://www.youtube.com/watch?v=us7Gfb_CsQQ)

**DAY OF THE WEEK: Sunday, April 5th**

**FOCUS: SOCCER CONDITIONING-DRIBBLING**

<https://www.soccerxpert.com/drills/details/figure-eight-dribbling-drill>

**DAY OF THE WEEK: Monday, April 6th**

**FOCUS: 1 v 1 ATTACKING & DEFENDING**

<https://www.soccerxpert.com/drills/details/id1236>



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**DAY OF THE WEEK: Tuesday, April 7th**

**FOCUS: TRAPPING**

<https://www.soccerxpert.com/drills/details/trapping-passive-opposition>

**DAY OF THE WEEK: Wednesday, April 8th**

**FOCUS: DRIBBLING & PASSING**

<https://www.soccercoachweekly.net/easicoach/run-with-the-ball-and-pass-at-speed-u11-13-activity/>

**CONDITIONING**

**LES MILLS TIME!**

<https://youtu.be/sKJSVkpAKkM>

**DAY OF THE WEEK: Thursday, April 9th**

**FOCUS: SHOOTING**

<https://www.soccercoachweekly.net/practice-plans/simple-shooting/>

**DAY OF THE WEEK: Friday April 10th**

**FOCUS: MULTIPLE SKILLS DEVELOPMENT**

<https://soccerdrillsapp.com/week-6-soccer-practice-drills-for-u10-u11-u12-teams/>

**DAY OF THE WEEK: Saturday, April 11th**

**FOCUS: RECEIVING & PASSING DRILLS**

[https://www.usyouthsoccer.org/assets/1/6/u12\\_receiving\\_passing.pdf](https://www.usyouthsoccer.org/assets/1/6/u12_receiving_passing.pdf)