



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL PRACTICE PLAN

SOCCER AGES 11-13

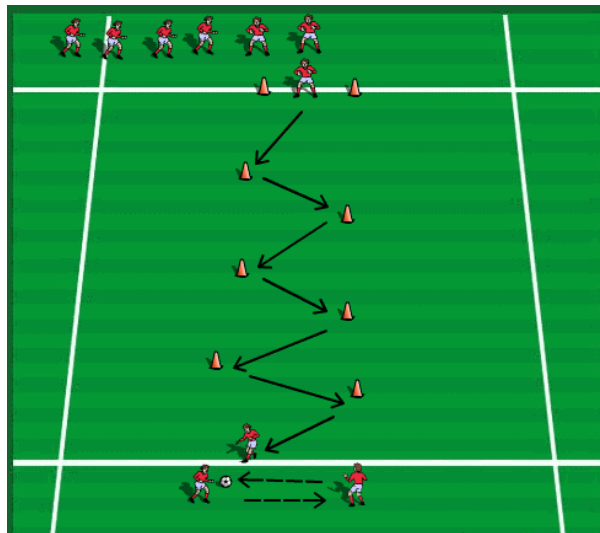
Fitness works out are key to anyone playing or training for sports. Please visit our Les Mills classes for works. Suggestion would be to do a workout three times a week. Monday, Wednesday, Friday. Remember to drink plenty of water. <https://watch.lesmillsondemand.com/born-to-move-free>

DAY OF THE WEEK: THURSDAY, MARCH 19

DRIBBLING

Dribbling

- Set up cones/ markers like in the picture below. Working your way from one end to the other.
- First time through, only use right foot.
- Second time through only use left.
- Third time – use both feet
- Fourth time only outside of the foot.



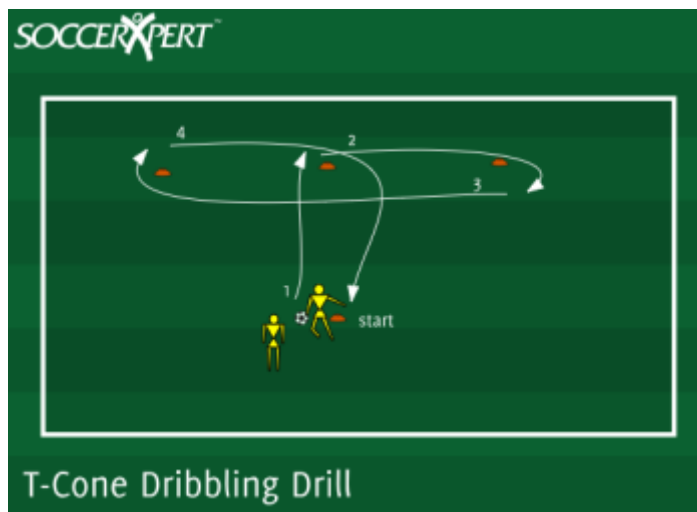
DAY OF THE WEEK: FRIDAY, MARCH 20

DRIBBLING T-DRILL

<https://www.soccerxpert.com/drills/details/t-cone-dribbling-drill>

T-CONE DRIBBLING DRILL

The T-Cone soccer dribbling drill is a great drill to focus on dribbling with speed, controlled touches, turns, and fitness.



CONDITIONING

LES MILLS TIME!

https://youtu.be/Ms8_ZbqTNiw



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DAY OF THE WEEK: SATURDAY, MARCH 21

PASSING

<https://www.soccerxpert.com/drills/details/triangle-combination>

Triangle Combination Passing Drill

This passing drill focuses on combination play in a small area. You can concentrate on the pace of the pass, angle of the pass, the weight of the pass, timing of the runs before and after the pass, one-two's, and movement.

DAY OF THE WEEK: SUNDAY, MARCH 22

DEFENSIVE DRILLS

<https://www.soccerxpert.com/drills/details/defensive-zone-speed-course>

Defensive Speed Course

This soccer fitness drill is designed to improve defensive speed and quickness in front of the goal. This exercise is intended to be more of a fitness training drill than a technical or tactical defensive soccer training drill

DAY OF THE WEEK: MONDAY, MARCH 23

DRIBBLING

<https://www.soccerxpert.com/drills/details/1v1-dribble-attack-shot>

1v1 Drill

The purpose of this 1v1 drill is to focus on dribbling to beat a defender and finishing with a shot. This drill can also be used to focus on defensive players defending the dribble.

CONDITIONING

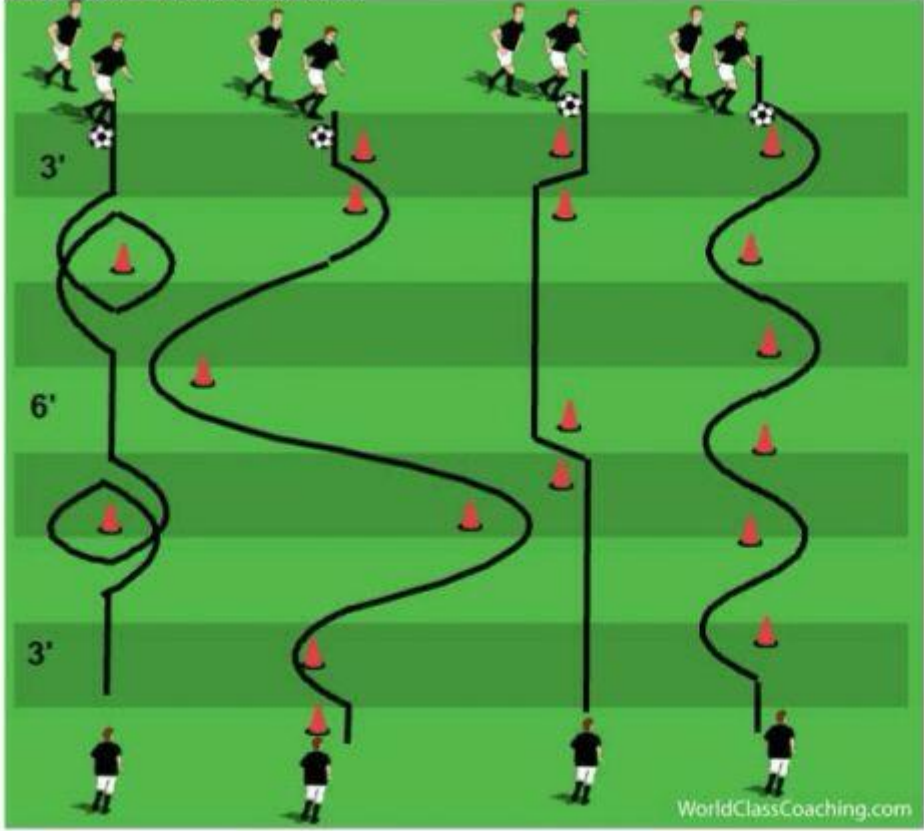
LES MILLS TIME!

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

DAY OF THE WEEK: TUESDAY, MARCH 24

DRIBBLING

DRIBBLING THROUGH CONES DIAGRAM



WorldClassCoaching.com

DAY OF THE WEEK: WEDNESDAY, MARCH 25

DRIBBLING

<https://www.youtube.com/watch?v=jwIHc9rz7yo>

Five Dribbling Drills every player should Master



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DAY OF THE WEEK: THURSDAY, MARCH 26

PASSING

<https://www.youtube.com/watch?v=xvaD2AamMpU>

Five Passing Drills Every Player should Master

DAY OF THE WEEK: FRIDAY, MARCH 27

BALL CONTROL

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

Ball Control and First Touch Drills–Improve your Confidence on the Ball

DAY OF THE WEEK: SATURDAY, MARCH 28

BALL CONTROL

<https://www.youtube.com/watch?v=9fv6xXMfhxk>

Five Drills To Improve Close Ball Control

CONDITIONING

LES MILLS TIME!

<https://youtu.be/sKJSVkpAKkM>

DAY OF THE WEEK: SUNDAY, MARCH 29

SHOOTING

<https://www.youtube.com/watch?v=hmGb1dTfcFY>

How to Improve Your Shooting