



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL PRACTICE PLAN

SOCCER AGES 7-8

DAY OF THE WEEK: MONDAY, MARCH 30

FOCUS: FAST FEET & SHARP SHOOTING

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

DAY OF THE WEEK: TUESDAY, MARCH 31

FOCUS: SHIELDING THE BALL

There are four basic shielding moves which you will cover in this session. They are the simple step across; the roll; the pull-back; and the circle turn (Note: younger players may have trouble with the circle turn, but it is a good idea to introduce it anyway – and, for older players, it may be possible to add pull-back/taps behind the support leg and the step over).

The basic shielding posture is:

- Knees bent and bottom down to lower center of gravity;
- Body in a fencer's or boxer's stance (turned sideways with weight balanced on both feet);
- Arm/elbow of side which will make contact tucked well in to protect ribs; Other arm spread out for balance;
- Time the step-across so that shoulder aggressively makes contact with opponent (bump him slightly), transferring weight to front foot so that back foot is free to pass/control ball.



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DAY OF THE WEEK: WEDNESDAY, APRIL 1

FOCUS: CHIPPING THE BALL

The chip is used to quickly lift the ball over short distances, for example, to pass the ball over an opponent to one of your teammates or to lift the ball into the penalty area from a few meters away.

Step-by-step instructions to give your players:

- Approach the football at a slight angle
- Place your non-kicking foot approximately 6 inches to the side of the ball and slightly behind it
- Take a back swing with your kicking leg, keeping in mind that a shorter back swing will allow you more control and better placement
- Angle your toe down as you make contact with the bottom part of the ball, the part closest to the ground
- Lean your body back as you kick to increase the lift of the ball. The farther you lean back, the greater the ball's arc.

DAY OF THE WEEK: THURSDAY, APRIL 2

FUN & CONDITIONING

LES MILLS TIME!

<https://watch.lesmillsondemand.com/born-to-move/season:1/videos/born-to-move-17-6-7-baila-with-me>



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DAY OF THE WEEK: FRIDAY, APRIL 3

FOCUS: SKILL CIRCUIT

Area 1: Ball control

- Equipment required: one ball each.
- Activity: Ball Taps – tap a ball between the insides of both feet.
- Variation: the “hat dance” – sole taps on the top of the ball with both feet.

Area 2: Dribbling

- Equipment required: 16 small traffic cones set up in four lines of four and balls.
- Activity: Each player dribbles their ball up and down a line of cones as many times as possible without knocking them over or missing any.
- Variation: Dribble with “wrong” foot.
- For more advanced players: Dribble with a specified part of the foot: sole, inside, outside etc.

Area 3: Running with the ball

- Equipment required: balls.
- Activity: run with ball from one side of area to the opposite side as many times as possible. Ensure players do not turn short.
- Variation: Two players start on one side and two on the adjacent side of the area. This forces the players to keep their heads up while running with the ball to avoid collisions.
- For more advanced players: perform a specific turn at the end of each run: drag back, stop turn etc.

Area 4: Passing accuracy

- Equipment required: a flat cone with a ball balanced on top. Alternatively, you can use a plastic skittle or bowling pin.
- Activity: set up the area as for “knock out” (described below), except there is no goal to shoot into.
- Players take it in turns to try to knock the ball off the cone (or knock over the skittle/pin).



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DAY OF THE WEEK: SATURDAY, APRIL 4

FOCUS: SHOOTING

Instep Warm Up – Start with players sitting down and kicking the ball out of their hands. Look for good technique – ankle locked, toe pointed, strike ball with laces, plant foot facing target, leaning forward, no spin on ball, head position.

Progression

- Sitting
- Two insteps in a row
- Kick ball, stand up and catch it.
- While standing (moving), kick ball and catch it.
- Have the ball bounce in between touches, keep ball going.
- Two touches without ball hitting ground.

Instep Squares – Two squares are set up with two players in each square who are teammates. The more skillful the players, the smaller the squares are and the further apart they are. The game starts when one team kicks the ball into the others' square. The receiving team must control the ball without it going outside of their square. Each player is allowed to play the ball with one touch. The team has 3 touches to get the ball into their opponents square. The ball may not stop at any time. Play stops when a shot misses the other teams grid or is not controlled. Decide beforehand how high a ball may be played to be considered fair.

DAY OF THE WEEK: SUNDAY, APRIL 5

FOCUS: PASSING AND DRIBBLING

Set Up

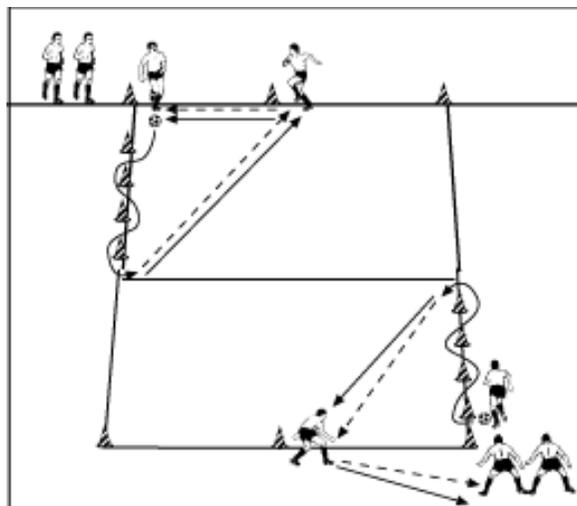
Using four cones, mark out a 10 x 12-yard field.
Place another cone in the center of each end line.
Station one player at each center cone; the remaining players form two lines, one at each slalom course.

Sequence

In this exercise, the corner cones are unoccupied.
The following technique exercise runs simultaneously on both sides: The first player in the group dribbles her football through the slalom course and passes diagonally from the last cone back to the player on the end line. This player passes the ball to the next player in line, etc.
All players follow their passes to their next positions.

Focus On

Practicing dribbling
Accurate passes over short distances
Combining dribbling and passing as the situation requires.





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DAY OF THE WEEK: MONDAY, APRIL 6

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LES MILLS TIME!

<https://watch.lesmillsondemand.com/born-to-move/season:1/videos/born-to-move-17-8-12-tell-me-you-love-me>

DAY OF THE WEEK: TUESDAY, APRIL 7

FOCUS: SHOOTING FOR ACCURACY

<https://www.youtube.com/watch?v=e3cdiSWpxCO>

GAME TIME

SOCCER GOLF

- Choose 9 objects that will be the holes.
- Have the players take turns shooting their ball towards the "hole"
- Continue as if you were playing golf
- Player with the fewest shots wins.

DAY OF THE WEEK: WEDNESDAY, APRIL 8

FOCUS: BALL CONTROL, FOODWORK AND PASSING

<https://www.youtube.com/watch?v=q4KCpzTkHto>

DAY OF THE WEEK: THURSDAY, APRIL 9

FUN & CONDITIONING

LES MILLS TIME!

<https://watch.lesmillsondemand.com/born-to-move/season:1/videos/born-to-move-16-8-12-this-is-me>



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DAY OF THE WEEK: FRIDAY, APRIL 10

FOCUS: GOAL KEEPING

I know every goalkeeper has had this problem, wanting to train but having no one to train with especially when it comes to working on technique. All you need for these solo gk drills are a few cones, two posts and a rope strung up at hip height. There are so many drills you can do with this simple set up and as long as you focus on proper technique by getting under the rope, staying compacted and pushing your dive forward over your knee.

<https://www.youtube.com/watch?v=90aq7m9Rp3Q>

DAY OF THE WEEK: SATURDAY, APRIL 11

FOCUS: EASTER EGG HUNT

Place a small net on one side of your yard. If you don't have a goal "basket" you could use a cardboard box or anything that has an opening. Lay out a few balls in the yard in different locations. Each ball is an "Easter egg". The mission is to get all the "Easter eggs" in the basket before time runs out. Set the time for different intervals starting at 3 minutes and lessen the time each round. You want to be faster each time.

DAY OF THE WEEK: SUNDAY, APRIL 12

HAPPY EASTER

Take the family outside after dinner and play a small game to show off your new skills.