



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL PRACTICE PLAN SOCCER AGES 7-8

DAY OF THE WEEK: THURSDAY, MARCH 19

WALL DRILLS

Using just a wall and a ball is a great way to enhance individual training. You can control the pace of the ball to make things easy, hard, or extremely challenging. The following video details techniques on short range passing, long range passing, trapping, dribbling, and volleys.

<https://www.youtube.com/watch?v=LoJ5dsFz59s>

DAY OF THE WEEK: FRIDAY, MARCH 20

FOOTWORK DRILLS

Dribbling is one of the most fun activities to work on. Improving your skills in this area will quickly raise your game. The following video targets areas that you can use in all game situations.

- Inside and Outside Touches (One Foot)

<https://www.soccerdrive.com/soccer-drills/inside-and-outside-touches-one-foot>

- Inside and Outside Touches (Both Feet)

<https://www.soccerdrive.com/soccer-drills/inside-and-outside-touches-both-feet>

DAY OF THE WEEK: SATURDAY, MARCH 21

GOALIE DRILLS

Training to be a good goalie is often difficult by yourself. This video provides an at home solo workout. Limited equipment is needed and you can improvise if necessary.

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



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DAY OF THE WEEK: SUNDAY, MARCH 22

FUN & CONDITIONING

LES MILLS TIME!

<https://bit.ly/2WAPvbB>

DAY OF THE WEEK: MONDAY, MARCH 23

BASIC PASSING TECHNIQUES

Learn the basics of how to pass a soccer ball with this video demonstration from 10 year MLS veteran, Bobby Burling.

MAIN COACHING POINTS:

- Make sure your plant foot faces your target
- Strike the center of the ball with the inside of your foot!

<https://www.soccerdrive.com/soccer-drills/basic-passing-technique>

LONG PASS FUNDAMENTALS

This pass is great if you are passing a further distance, trying to change the field of play or to get the ball out of trouble.

MAIN COACHING POINTS:

- Use laces to drive soccer ball
- Generate power through your core
- Plant foot faces the target
- Follow thought to target
- Bring quad back further for a stronger drive

<https://www.soccerdrive.com/soccer-drills/long-drive-pass-fundamentals>



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DAY OF THE WEEK: TUESDAY, MARCH 24

SHOOTING FOR ACCURACY

MAIN COACHING POINTS:

1. Plant Foot Faces Target
2. Use Side of Foot to Strike Ball
3. Strike Center of Ball
4. Follow Through

<https://www.soccerdrive.com/soccer-drills/shooting-accuracy-0>

SHOOTING FOR POWER

MAIN COACHING POINTS:

1. Plant Foot Faces Target
2. Use Laces to Strike Ball
3. Strike Center of Ball
4. Follow Through and Land on Shooting Foot

<https://www.soccerdrive.com/soccer-drills/shooting-power>

PROGRESSION:

- When you get comfortable with the techniques, add in some dribbling moves and shoot while you are moving. This situation will be more game-like.



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DAY OF THE WEEK: WEDNESDAY, MARCH 25

FIRST TOUCH

- **Receiving Ball with Inside of Foot**

COACHING POINTS

- Be ready for the ball
- Head up
- On toes
- Hips open
- Receive ball with inside of the foot
- Keep ball moving inside cones

<https://www.soccerdrive.com/soccer-drills/first-touch-receiving-ball-inside-foot>

- **Receiving Ball with Outside of Foot**

COACHING POINTS:

- Be ready to receive the ball
- Head up
- On your toes
- Receive ball with the outside of the foot
- First touch should be to outside of cones
- Play ball with inside of the foot

<https://www.soccerdrive.com/soccer-drills/first-touch-receiving-ball-outside-foot>

DAY OF THE WEEK: THURSDAY, MARCH 26

FUN & CONDITIONING

LES MILLS TIME!

<https://bit.ly/38ZTI0g>



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DAY OF THE WEEK: FRIDAY, MARCH 27

BASIC FUNDAMENTALS

- **Soccer Throw-In**

COACHING POINTS:

1. Bring ball overhead.
2. Evenly hold soccer ball with both hands.
3. Both feet must remain on ground.
4. Use core of body to generate additional power.

<https://www.soccerdrive.com/soccer-drills/basic-fundamentals-soccer-throw>

FREESTYLE DRIBBLING

As time goes on, work to keep your head up and increase speed while dribbling. Once you are able to comfortably dribble the 4 moves above while keeping your head up, start to add in deceptive body fakes to really sell certain moves. The additional body fakes will help you get around defenders and open up different passing and shooting options.

<https://www.soccerdrive.com/soccer-drills/freestyle-dribbling>

DAY OF THE WEEK: SATURDAY, MARCH 28

DRILL REVIEW

This soccer drill is for kids giving the main things that players should be working on from a young age. (Challenge yourself with this drill.)

https://youtu.be/010_mhlfZpA

DAY OF THE WEEK: SUNDAY, MARCH 29

FUN & CONDITIONING

LES MILLS TIME!

<https://bit.ly/2UlvaUP>