



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## VIRTUAL PRACTICE PLAN

### SOCCER AGES 9-10

DAY OF THE WEEK: MONDAY, MARCH 30

<b>FOCUS: INDIVIDUAL SKILLS</b>
<a href="https://youtu.be/Y8i6QDPQ0v0">https://youtu.be/Y8i6QDPQ0v0</a> <b>First Touch/ Dribbling &amp; Shooting</b>

DAY OF THE WEEK: TUESDAY, MARCH 31

<b>FOCUS: BALL CONTROL</b>
<a href="https://youtu.be/leMYh7roBjk">https://youtu.be/leMYh7roBjk</a> <b>Individual Ball Control Drills</b>
<b>CONDITIONING</b>
<b>LES MILLS TIME!</b> <a href="https://youtu.be/Ms8_ZbqTNiw">https://youtu.be/Ms8_ZbqTNiw</a>

DAY OF THE WEEK: WEDNESDAY APRIL 1

<b>FOCUS: 1<sup>st</sup> TOUCH</b>
<a href="https://youtu.be/vocSBiZjIRA">https://youtu.be/vocSBiZjIRA</a> <b>4 Post Drill</b>

DAY OF THE WEEK: THURSDAY APRIL 2

<b>FOCUS: FOOTWORK SKILLS</b>
<a href="https://youtu.be/2Le9TVyWpLY">https://youtu.be/2Le9TVyWpLY</a>

DAY OF THE WEEK: FRIDAY APRIL 3

<b>FOCUS: DRIBBLING</b>
<a href="https://youtu.be/Nn6iBhDtHHY">https://youtu.be/Nn6iBhDtHHY</a> <b>Cone Drills</b>
<b>CONDITIONING</b>
<b>LES MILLS TIME!</b> <a href="https://youtu.be/9WqkiB-GQMl">https://youtu.be/9WqkiB-GQMl</a>



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DAY OF THE WEEK: SATURDAY APRIL 4

**FOCUS: FOOTWORK**

<https://youtu.be/tMY5Cj39xN8> \_

**Fast Footwork Skills**

Agility skills to help with balance

DAY OF THE WEEK: SUNDAY APRIL 5

**FOCUS: PASSING & RECEIVING**

<https://youtu.be/WNQtqvjB7uc>

DAY OF THE WEEK: MONDAY APRIL 6

**FOCUS: FUN!**

<https://youtu.be/IX3sKYLzZ3A>

**Fun Garbage Can Drill**

DAY OF THE WEEK: TUESDAY APRIL 7

**FOCUS: VOLLEYS**

<https://youtu.be/at6-mjR7zq8>

**Fun Volley Game**

DAY OF THE WEEK: WEDNESDAY APRIL 8

**FOCUS: BALL CONTROL & SHOOTING**

<https://youtu.be/57wCOGll zo>

**Side Shift and Shoot**

**CONDITIONING**

**LES MILLS TIME!**

<https://youtu.be/sKJSVkpAKkM>



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DAY OF THE WEEK: THURSDAY APRIL 9

FOCUS: SHOOTING
<a href="https://youtu.be/4PczLM0zSPE">https://youtu.be/4PczLM0zSPE</a> <u>Finishing Exercises for Forwards</u>

DAY OF THE WEEK: FRIDAY APRIL 10

FOCUS: SHOOTING
<a href="https://youtu.be/9UiuVqYrQcw">https://youtu.be/9UiuVqYrQcw</a> <u>Individual Offensive Skills</u> Turning & shooting

DAY OF THE WEEK: SATURDAY APRIL 11

FOCUS: JUGGLING
<a href="https://youtu.be/krSBbunxdUg">https://youtu.be/krSBbunxdUg</a> <u>Juggling</u> Become comfortable with ball, improve agility and balance

DAY OF THE WEEK: SUNDAY APRIL 12

FOCUS: DRIBBLING/ PASSING/ VISION
<a href="https://youtu.be/sUKIMV4LZvA">https://youtu.be/sUKIMV4LZvA</a> <u>Monkey in the Middle</u> 3 or 4 v 1- 2 touch maximum