



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# VIRTUAL PRACTICE PLAN

## SOCCER AGES 9-10

DAY OF THE WEEK: THURSDAY, MARCH 19

### JUGGLING

<https://youtu.be/krSBbunxdUg>

#### Juggling

Become comfortable with ball, improve agility and balance

DAY OF THE WEEK: FRIDAY, MARCH 20

### DRIBBLING/ PASSING/VISION

<https://youtu.be/sUKIMV4LZvA>

#### Monkey in the Middle

3 or 4 v 1- 2 touch maximum

### CONDITIONING

LES MILLS TIME!

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

DAY OF THE WEEK: SATURDAY, MARCH 21

### DRIBBLING

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

#### Dribbling

Toe taps, Foundation, sole rolls, stop turn and more



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DAY OF THE WEEK: SUNDAY, MARCH 22

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

DAY OF THE WEEK: MONDAY, MARCH 23

<b>CONTROL</b>
<a href="https://youtu.be/E-myaim_oj0">https://youtu.be/E-myaim_oj0</a> Turn Square and 1 v 1
<b>CONDITIONING</b>
<b>LES MILLS TIME!</b> <a href="https://youtu.be/9WqkiB-GQMI">https://youtu.be/9WqkiB-GQMI</a>

DAY OF THE WEEK: TUESDAY, MARCH 24

<b>FOOTWORK</b>
<a href="https://youtu.be/tMY5Cj39xN8">https://youtu.be/tMY5Cj39xN8</a> <b><u>Fast Footwork Skills</u></b> Agility skills to help with balance

DAY OF THE WEEK: WEDNESDAY, MARCH 25

<b>PASSING &amp; RECEIVING</b>
<a href="https://youtu.be/WNQtqvjB7uc">https://youtu.be/WNQtqvjB7uc</a>



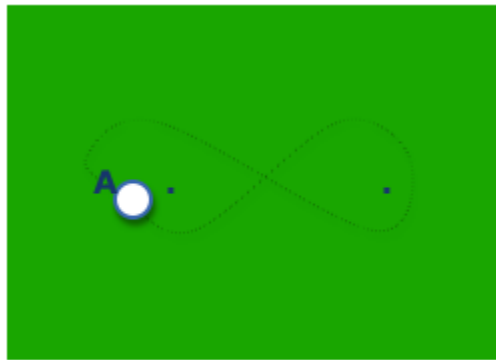
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**DAY OF THE WEEK: THURSDAY, MARCH 26**

**DRIBBLING**

**Figure Eight Dribbling**

1 player, 2 cones- 1 ball



**DAY OF THE WEEK: FRIDAY, MARCH 27**

**AERIAL CONTROL**

<https://youtu.be/SNDvOoMIGbU>

**Aerial Control**

Dealing with balls coming in the air

**DAY OF THE WEEK: SATURDAY, MARCH 28**

**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: SUNDAY, MARCH 29**

**SHOOTING**

<https://youtu.be/9UiuVqYrQcw>

**Individual Offensive Skills**

Turning & shooting