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**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

## **VIRTUAL PRACTICE PLAN**

### **SOCCER AGES 11-13**

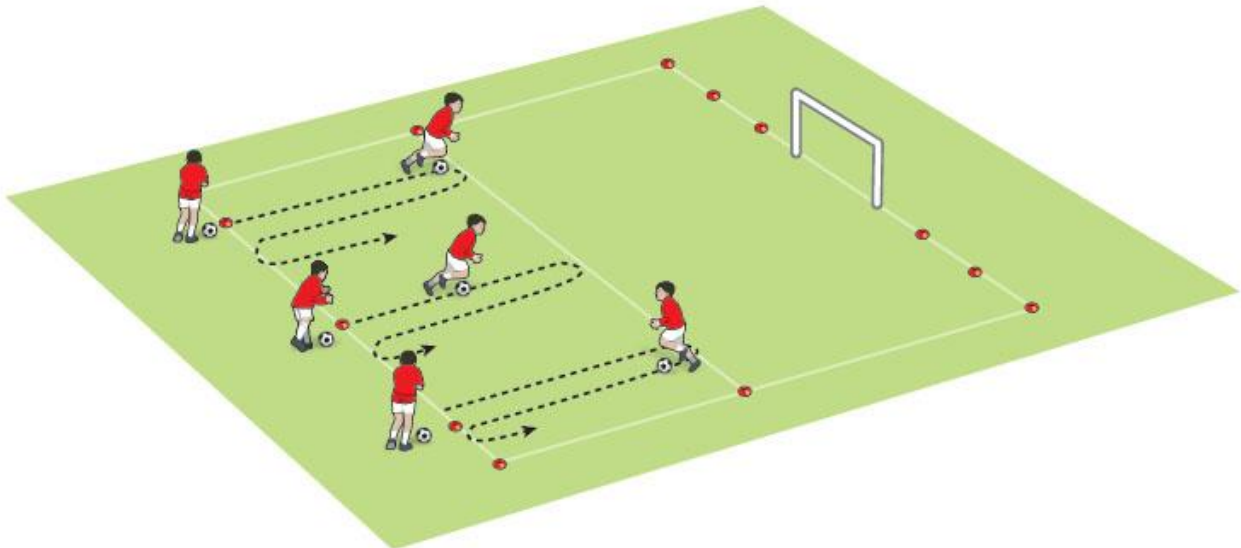
Fitness works out are key to anyone playing or training for sports. Please visit our Les Mills classes for works. Suggestion would be to do a workout three times a week. Monday, Wednesday, Friday. Remember to drink plenty of water. <https://watch.lesmillsdemand.com/born-to-move-free>

**DAY OF THE WEEK: MONDAY, APRIL 13**

#### **FOCUS: Dribbling**

Set up a 15 x 15 yards area split into a dribbling area of 7 yards .

Split your players into pairs. When you say "go", the first player in each pair dribbles to the line, turns using a stop turn, dribbles back to the start line then turns again and dribbles back to the line.





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#### DAY OF THE WEEK: TUESDAY, APRIL 14

##### FOCUS: Goal Keeping

Set up a 15 x 15 yards area split into a dribbling area of 7 yards and a shooting area of 8 yards. You need a normal goal and two target goals at one end.

Split your players into pairs. When you say "go", the first player in each pair dribbles to the line, turns using a stop turn, dribbles back to the start line then turns again and dribbles back to the line.

#### DAY OF THE WEEK: WEDNESDAY, APRIL 15

##### FOCUS: Ball Control and Footwork

**Drill Setup:** Very little equipment needed for this one and it's a great drill if you have a large group. Give each player a ball and cone. The cone acts as an imaginary defender.

**Drill Details:** Players perform various skills using the cones as the 'defender'. Let your players choose their drills and only stop to add in stop coach points such as; dribbling into space when the 'defender' has been beaten.

**Variation #1:** Swap the cones for passive defenders (you can use one half of the group)

**Variation #2:** Finally progress even further into using active defenders in a 1v1 situation



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**DAY OF THE WEEK: THURSDAY, APRIL 16**

**FOCUS: Dribbling**

**Drill Setup:** You can adapt the drill making the direction of play more complex. Use whatever equipment you have to setup an obstacle course where players must use small touches to keep control of the ball.

**Drill Details:** For this example; players dribble the ball through the obstacle and make a pass to another player on the opposite corner with the same color pinnie.

**Variation #1:** You can have 4 players crossing at the same time to develop awareness

**Variation #2:** You can also change the direction of play and possible add in the; left and right, top and bottom positions

**Variation #3:** You could try to add passive and active defenders. Just be aware of any health and safety considerations

**DAY OF THE WEEK: FRIDAY, APRIL 17**

**FOCUS: CONDITIONING**

**LES MILLS TIME!**

<https://watch.lesmillsondemand.com/born-to-move-free/season:1/videos/born-to-move-16-13-16-lovesick>

**DAY OF THE WEEK: SATURDAY, APRIL 18**

**FOCUS: 1<sup>st</sup> touch and Passing**

[https://www.youtube.com/watch?v=us7Gfb\\_CsQQ](https://www.youtube.com/watch?v=us7Gfb_CsQQ)

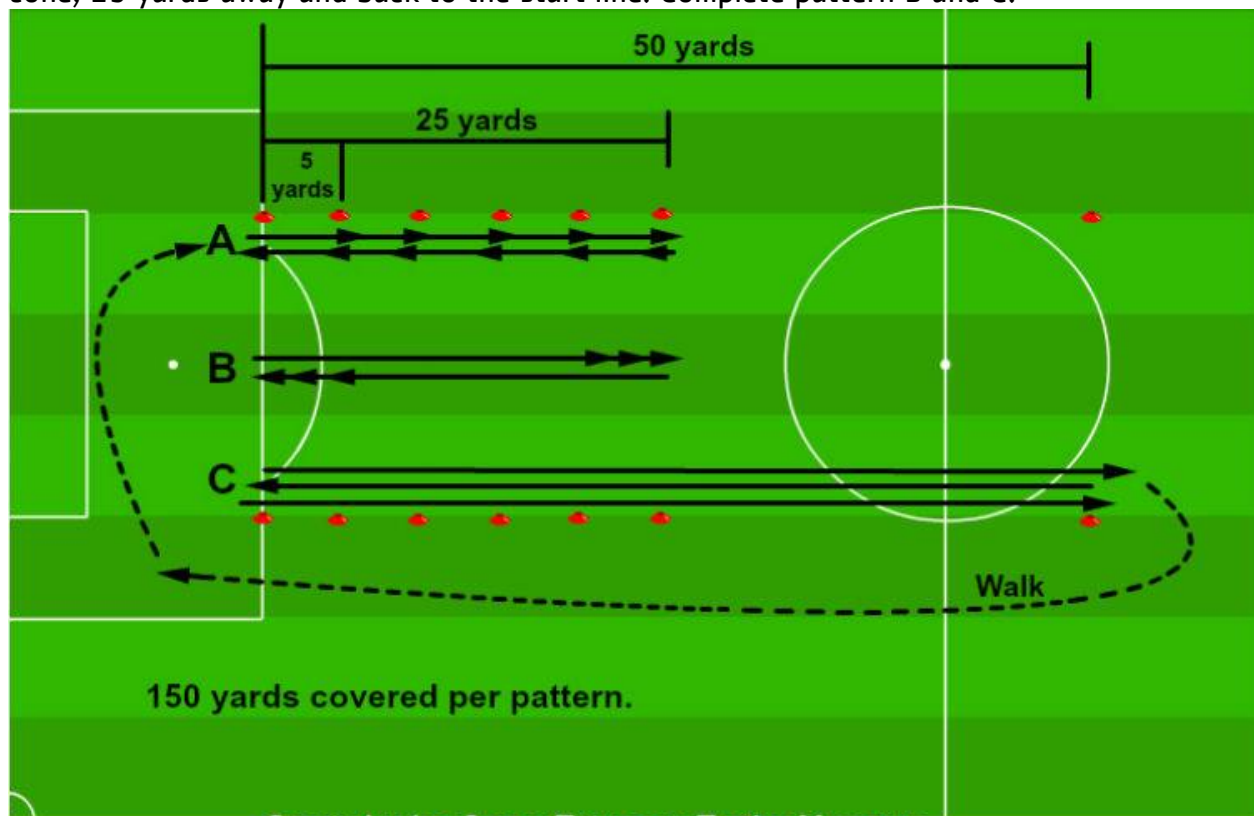
DAY OF THE WEEK: SUNDAY, APRIL 19

**FOCUS: Soccer Conditioning**

**Setup:** Set up pattern A and B. See diagram for more information. Set up at least two sets of six cones on the outside of the running area. The cone lines should be parallel to each other with about 20-25 yards between them. There should be five yards between each cone along the cone lines.

Set up pattern C by adding a cone 25 yards directly behind the two top cones of pattern A and B. The two cones should be in the same parallel lines as the cone lines already setup. See diagram for more information.

Players will complete pattern A first. The first group starts between the two cones on the bottom of the setup. On the whistle, players will complete a shuttle between the first six cones. Players will run 5 yards to the first cone, run back to the start line, run 10 yards to the second cone, run back to the start line, and continue this until they run to the last cone, 25 yards away and back to the start line. Complete pattern B and C.





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**DAY OF THE WEEK: MONDAY, APRIL 20**

**FOCUS: 1 v 1 attacking and defending**

<https://www.soccerxpert.com/drills/details/id1236>

**DAY OF THE WEEK: TUESDAY, APRIL 21**

**FOCUS: Receiving the Ball in the Air**

Divide the players into two groups and play on half the field with a goal at each end. Using hand passes, give points for players who successfully receive the ball. If a player with the ball is tagged, the ball goes over. Points are also scored if a player receives a ball and heads it into the goal.

Observe the player's choices – example: 1 to target player, 2 to overlapping player

**DAY OF THE WEEK: WEDNESDAY, APRIL 22**

**FOCUS: First Touch Passing and Receiving**

Player A begins play with a pass thru the gate to Player B. Player B takes his first touch outside the cones and makes a return pass to Player A. Player A turns and passes to Player C, who repeats the pattern. All of the players receive and pass in two touches. Player A uses a variety of turning moves in the center. Players B and C use both the inside and outside of the foot to receive, moving to their right and left during the drill.

Progression 1 – Make the first touch with the outside of the foot only.

Progression 2 – Use feinting moves before and after receiving.

**DAY OF THE WEEK: THURSDAY, APRIL 23**

**FUN & CONDITIONING**

**LES MILLS TIME!**

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



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**DAY OF THE WEEK: FRIDAY, APRIL 24**

**FOCUS: Multiple Skills Development**

<https://soccerdrillsapp.com/week-6-soccer-practice-drills-for-u10-u11-u12-teams/>

**DAY OF THE WEEK: SATURDAY, APRIL 25**

**FOCUS: Receiving and Passing Drills**

[https://www.usyouthsoccer.org/assets/1/6/u12\\_receiving\\_passing.pdf](https://www.usyouthsoccer.org/assets/1/6/u12_receiving_passing.pdf)

**DAY OF THE WEEK: SUNDAY, APRIL 26**

**FOCUS: Shooting**

**The Exercise:** Red drives the ball with his instep (laces) through two discs or flags to grey, white should initially serve as a passive goalie and become more active as the exercise progresses.

**Coach should focus on Proper Technique for instep:**

- Toe down & ankle locked.
- Head should remain steady as you strike the ball.
- Placement foot should be facing your partner.