



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL PRACTICE PLAN

SOCCER AGES 11-13

DAY OF THE WEEK: MONDAY, APRIL 27

FOCUS: DRIBBLING

Description:

- different types of dribbling
- speed dribbling (slow, medium, fast etc.)
- take a touch every step
- change direction every four dribbles
- short – short – long dribbling

Variation:

- specify how players must dribble (inside or outside of foot, sole, left or right foot only etc.)
- adjust spacing depending on the age and ability of the group if necessary



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DAY OF THE WEEK: TUESDAY, APRIL 28

FOCUS: FOOTWORK

Field Preparation:

- 4 groups
- Each player with a ball
- 4 grids
- Cones to mark off area

Description:

- Players practice different skills in each grid (i.e. juggling, moves, turns, specific dribbling technique, passing drill etc.)
- On coach's command (verbal or nonverbal) all groups move to next grid in a clockwise or counterclockwise direction
- the group to arrive in next grid last does 10x squat jumps, jumping jacks)

Variation:

- specify how players must pass/receive (left or right foot, inside or outside foot, high or low etc.)
- specify how players must dribble (inside or outside of foot, left or right foot only etc.)
- vary activities (i.e. keep away or game of tag)
- adjust spacing depending on the age and ability of the group if necessary



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DAY OF THE WEEK: WEDNESDAY, APRIL 29

FOCUS: SOCCER PING-PONG

Field Preparation:

- grid (20yds x 30yds)
- cones to mark off area

Description:

- ball is served out of the hands over the net, cones, bags etc.
- one bounce per side allowed

Variation:

- vary number of bounces per side
- minimum of two players must touch the ball before it goes over the net
- adjust spacing depending on the age and ability of the group if necessary

DAY OF THE WEEK: THURSDAY, APRIL 30

FOCUS: MOVES TO GET AROUND THE DEFENDER

<https://www.youtube.com/watch?v=AsFDd6t3Hhc>

DAY OF THE WEEK: FRIDAY, MAY 1

CONDITIONING

LES MILLS TIME!

<https://youtu.be/9WqkiB-GQMI>



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DAY OF THE WEEK: SATURDAY, MAY 2

FOCUS: REST DAY/ KID YOGA

Great Job This Week! Stretch it out with some Kids Yoga!

<https://www.youtube.com/watch?v=X655B4ISakg&t=126s>

DAY OF THE WEEK: SUNDAY, MAY 3

FOCUS: YMCA GYM TIME!

Join YMCA Staff for Gym Time!

<https://www.youtube.com/watch?v=ORRzXu1hqtE&t=9s>

DAY OF THE WEEK: MONDAY, MAY 4

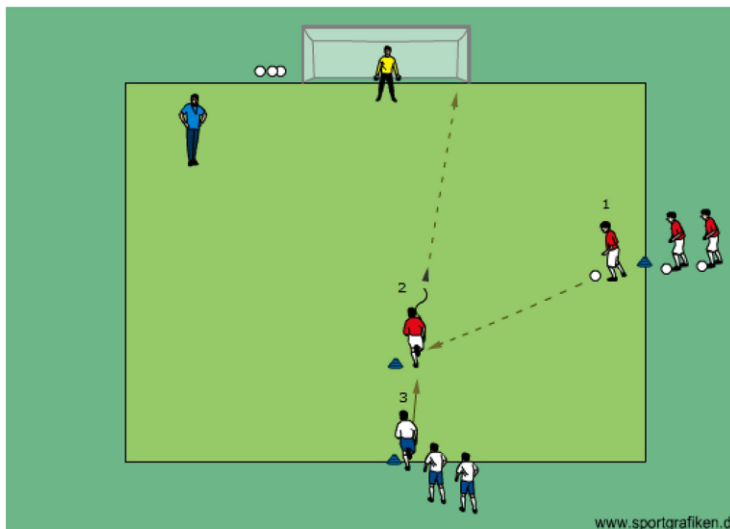
FOCUS: SHOOTING

Description:

- player 1 passes to player 2 who tries to finish on goal
- once player 2 receives the ball player 3 starts from his cone to defend player 2

Variation:

- defender can try to score if he wins the ball
- adjust spacing depending on the age and ability of the group



DAY OF THE WEEK: TUESDAY, MAY 5

FOCUS: WINNING THE BALL OUT OF THE AIR

<https://www.youtube.com/watch?v=9mhOACPFsno>



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DAY OF THE WEEK: WEDNESDAY, MAY 6

FOCUS: DRIBBLING & PASSING

Field Preparation:

- 4 players per station
- each player with a ball
- supply of cones
- repeat setup to accommodate the entire team

Description:

- the first players in line dribble simultaneously towards the middle and turn in front of the cone and then dribble back to start
- next player repeats sequence

Variation:

- specify how players must dribble (inside or outside of foot, left or right foot only etc.)
- players dribble around the cone and then dribble back to the start
- players perform a specific move in front of the cone
- players perform a specific move in front of the cone and continue to dribble to the opposite side
- adjust spacing depending on the age and ability of the group if necessary

DAY OF THE WEEK: THURSDAY, MAY 7

FOCUS: SHOOTING

Field Preparation:

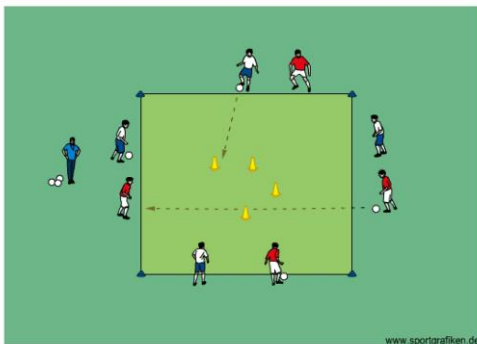
- in pairs
- each pair with a ball
- centre grid (15yds x 15yds)
- cones to mark off area
- tall cones as targets
- pinnies

Description:

- each player on one side of the grid has a partner directly opposite
- one player passes the ball towards his partner and tries to knock over a cone in the center grid
- the pass must be made from outside the grid
- players put cones back up once all cones get knocked over
- pair with most points after 4 minutes wins

Variation:

- specify how players must pass (left or right foot, inside or outside foot, high or low etc.)
- adjust spacing depending on the age and ability of the group





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DAY OF THE WEEK: FRIDAY, MAY 8

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, MAY 9

FOCUS: CONDITIONING

JOIN US FOR Y LIVE KIDFIT WITH EMILY!

https://www.youtube.com/watch?time_continue=7&v=5uunQWKL6qU&feature=emb_logo

DAY OF THE WEEK: SUNDAY, MAY 10

FOCUS: CONDITIONING

JOIN US FOR Y LIVE KID FIT WITH WHITNEY!

https://www.youtube.com/watch?time_continue=3&v=nJf4AdNVBmA&feature=emb_logo