



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL PRACTICE PLAN SOCCER AGES 7-8

DAY OF THE WEEK: MONDAY, APRIL 13

FOCUS: DRIBBLING

Two Turns

Pair up the players and place each player on the end line. An adult will call the turn and say go. The players will go to the furthest cone and execute the turn, then go to the cone diagonally behind and execute the turn again, then run to the last cone. The player that arrives to the last cone first gets 10 points

Place the cones in a large Z shape.

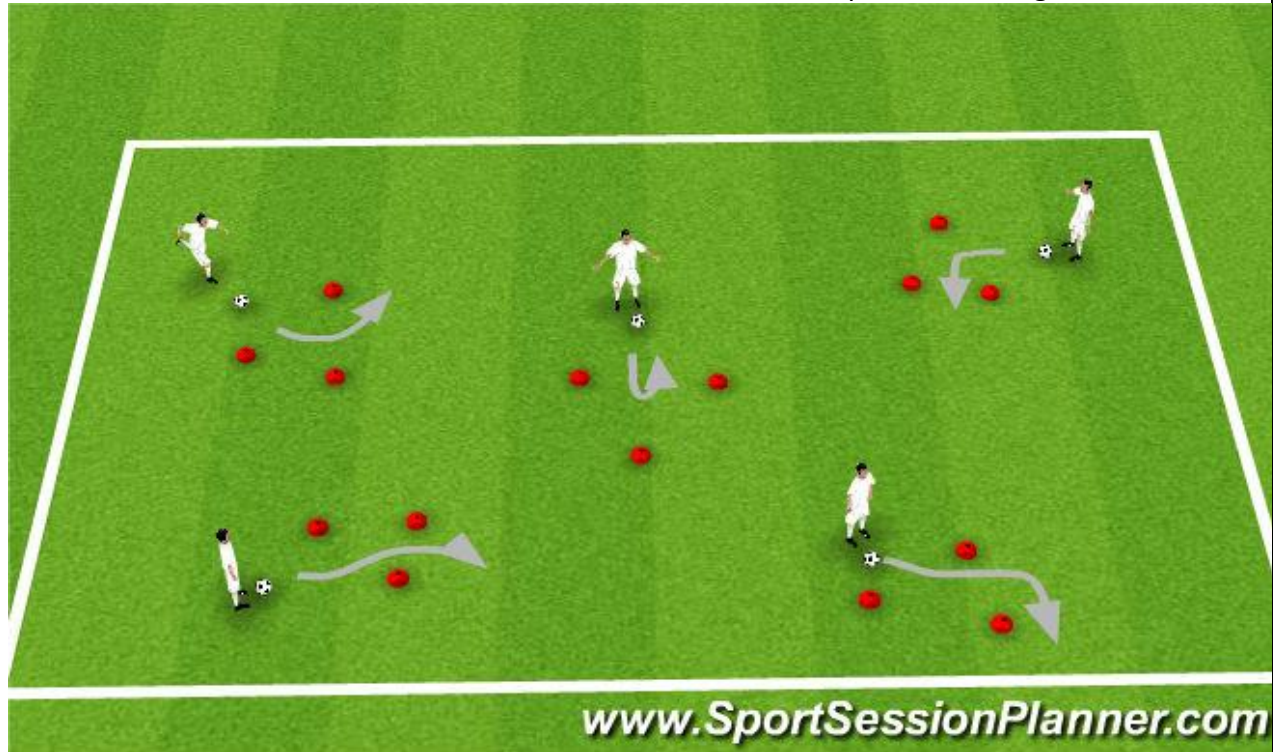
Turns are: · Inside of the foot cut, Outside foot hook and Drag Back

DAY OF THE WEEK: TUESDAY, APRIL 14

FOCUS: FOOTWORK DRILLS

In a 15x20 yard grid, set up 5 to 7 triangles (three cones about 2 yards apart). All players with a ball must dribble through the triangle in order to score a point.

Coach: Have players keep count of how many points they score in 30 seconds or a minute. Repeat, asking the players to beat the score by one or more points. You can also ask them to dribble with their favorite foot or their non-dominant foot or stop in each triangle.



DAY OF THE WEEK: WEDNESDAY, APRIL 15

GATE PASSING

In a 20Wx25L yard grid, set up several gates (two cones about 2 yards apart). Players are now in pairs with a soccer ball. They must pass the soccer ball through the gate to their teammate in order to score a point. **Coach:** Players count how many points they score in a minute. Repeat asking the players to beat their score by one or more points. You can also ask them to pass with the inside or outside of the foot, and using their favorite foot or with the other foot.



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DAY OF THE WEEK: THURSDAY, APRIL 16

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>

DAY OF THE WEEK: FRIDAY, APRIL 17

FOCUS: 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>

FOCUS: 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: SATURDAY, APRIL 18

FOCUS: DRIBBLING WITH PURPOSE

4 Surfaces

Each player has a ball. Have the players try to use the 4 surfaces of the foot in 1 fluid motion in this order: Outside, Inside, Laces and Bottom, Transfer the ball from the right to left foot after they stop the ball with the bottom (sole of the shoe) When the players display proficiency, challenge them to do it faster and in a smaller space.

The sequence is: Outside of the foot touch - Inside of the foot touch - Laces (push) - Stop with bottom of the foot and Change foot.

DAY OF THE WEEK: SUNDAY, APRIL 19

FOCUS: MASTERING YOUR FIRST TOUCH

<https://www.youtube.com/watch?v=iYdl48BqC34>

DAY OF THE WEEK: MONDAY, APRIL 20

FUN & CONDITIONING

LES MILLS TIME!

<https://watch.lesmillsondemand.com/born-to-move-free/season:1/videos/born-to-move-17-6-7-baila-with-me>



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DAY OF THE WEEK: TUESDAY, APRIL 21

FOCUS: 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>

FOCUS: 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.

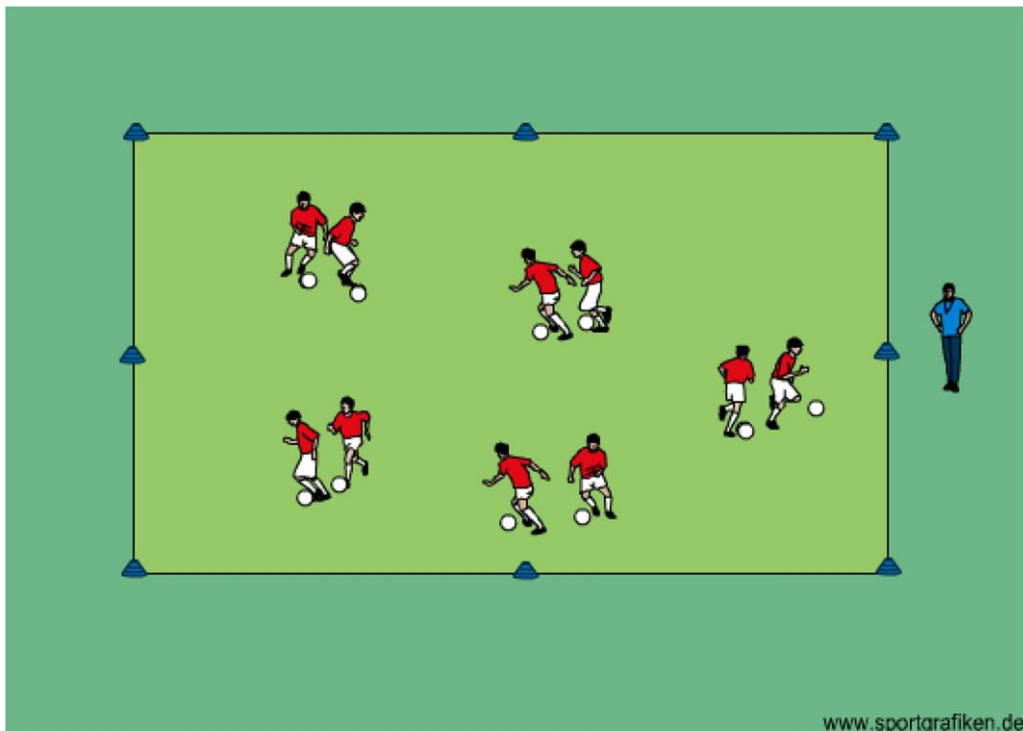
<https://www.soccerdrive.com/soccer-drills/freestyle-dribbling>

DAY OF THE WEEK: WEDNESDAY, APRIL 22

FOCUS: DRIBBLING WITH PURPOSE

Follow the Leader

Set up a course as shown with same colored cones opposite each other. 1 player is the leader the other player is the follower. Leader dribbles to a cone of a different color and then waits for the follower to get to the opposite cone of the same color. Variation: Leader calls out a color and the two players race to that color cone, both players cannot be at the same cone, Call out more than 2 colors in sequence.



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-17-6-7-baila-with-me>



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DAY OF THE WEEK: FRIDAY, APRIL 24

FUN!

Soccer Obstacle Course

<https://www.youtube.com/watch?v=LciOHx7lOYo>

DAY OF THE WEEK: SATURDAY, APRIL 25

FUN & CONDITIONING

Enjoy this great workout to get you moving!

https://www.youtube.com/watch?v=L_AHjHZxfl

DAY OF THE WEEK: SUNDAY, APRIL 26

FOCUS: SHOOTING

Perfect your shooting skills by watching and practicing this video.

<https://www.youtube.com/watch?v=hmGb1dTfcFY>