



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL PRACTICE PLAN

SOCCER AGES 7-8

DAY OF THE WEEK: MONDAY, APRIL 27

FOCUS: FAST FEET

On the coach's command, the players will dribble their soccer ball around the area and dribble through as many gates as possible. Once the kids have been through the gates, the game needs to advance to adding in tricks and turns. Different variations are where after a player has been through a gate, they have to do a trick or skill. Take a look at what I recommend-

Drag back / pull back turn, Inside hook turn, Outside hook turn, Scissors





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DAY OF THE WEEK: TUESDAY, APRIL 28

FOCUS: SHIELDING THE BALL

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

DAY OF THE WEEK: WEDNESDAY, APRIL 29

FOCUS: CHIPPING THE BALL

The chip is used to quickly lift the ball over short distances, for example, to pass the ball over an opponent to one of your teammates or to lift the ball into the penalty area from a few meters away.

Step-by-step instructions to give your players:

- Approach the football at a slight angle
- Place your non-kicking foot approximately 6 inches to the side of the ball and slightly behind it
- Take a back swing with your kicking leg, keeping in mind that a shorter back swing will allow you more control and better placement
- Angle your toe down as you make contact with the bottom part of the ball, the part closest to the ground
- Lean your body back as you kick to increase the lift of the ball. The farther you lean back, the greater the ball's arc.

DAY OF THE WEEK: THURSDAY, APRIL 30

FUN & CONDITIONING

LES MILLS TIME!

<https://www.youtube.com/watch?v=yI6jQ1kI5NU>



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DAY OF THE WEEK: FRIDAY, MAY 1

FOCUS: SKILL CIRCUIT

Area 1: Ball control

- Equipment required: one ball each.
- Activity: Ball Taps – tap a ball between the insides of both feet.
- Variation: the “hat dance” – sole taps on the top of the ball with both feet.

Area 2: Dribbling

- Equipment required: 16 small traffic cones set up in four lines of four and balls.
- Activity: Each player dribbles their ball up and down a line of cones as many times as possible without knocking them over or missing any.
- Variation: Dribble with “wrong” foot.
- For more advanced players: Dribble with a specified part of the foot: sole, inside, outside etc.

Area 3: Running with the ball

- Equipment required: balls.
- Activity: run with ball from one side of area to the opposite side as many times as possible. Ensure players do not turn short.
- Variation: Two players start on one side and two on the adjacent side of the area. This forces the players to keep their heads up while running with the ball to avoid collisions.
- For more advanced players: perform a specific turn at the end of each run: drag back, stop turn etc.

Area 4: Passing accuracy

- Equipment required: a flat cone with a ball balanced on top. Alternatively, you can use a plastic skittle or bowling pin.
- Activity: set up the area as for “knock out” (described below), except there is no goal to shoot into.
- Players take it in turns to try to knock the ball off the cone (or knock over the skittle/pin).



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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

FUN & DRIBBLING

Alphabet

All players dribbling with ball. Upon command, have players roll the ball with the sole of the foot to "draw" the capital letter named by the coach. This can be used to draw four letters each practice in alphabetical order. Perform first with the right foot, resume dribbling, then with the left foot. Variation: Use lower-case letters.



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DAY OF THE WEEK: TUESDAY, MAY 5

FOCUS: SHOOTING FOR ACCURACY

Soccer shooting tips:

- Observe the goalkeeper's position. Have they left a gap that you can exploit?
- Select the best technique for your shot. A side foot shot will have greater accuracy, but an instep (laces) with good follow-through will have greater power.
- Put your non-kicking foot alongside the ball.
- Keep your head down and your eyes on the ball when striking.
- Keep your body over the ball.
- Make contact with the middle to top half of the ball.
- Maintain your composure.

Tips to improve your chance of scoring:

- Shoot wide rather than high. There's a better chance of getting a deflection that will wrong-foot the goalkeeper.
- Shoot low. It's harder for a keeper to reach shots along the ground because it's further for them to travel. It's easy for them to jump up and save, but much harder to crouch down and get it.
- Shoot across the keeper. It's tougher for them to hold these shots, and means they could divert the ball back into the path of another attacker.

DAY OF THE WEEK: WEDNESDAY, MAY 6

FOCUS: BALL CONTROL AND PASSING

SOCCER GOLF

- Choose 9 objects that will be the holes.
- Have the players take turns shooting their ball towards the "hole"
- Continue as if you were playing golf

Player with the fewest shots wins.



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DAY OF THE WEEK: THURSDAY, MAY 7

FOCUS: DRIBBLING

Begin simply by allowing one person from each corner to dribble with the soccer ball at medium pace toward the centre cone and once they get there, do a turn to face the opposite direction and dribble back to where they came from.

Progression

There are a host of progression ideas that come from this drill.

1. **Dribble to the right** - when the player gets to the center cone, they will then dribble to the cone to the right of them and pass the ball to the next in line.
2. **Dribble to the left** - same as above but this time go to the left. Changing direction is important to allow the use of both feet etc.
3. **Dribble through the middle** - this time the players will start at the same time but dribble to the opposite cone avoiding bumping in to other players and the central cone.
4. **Long pass** - the players will dribble to the center cone, do a turn and pass the ball back to the next player from a further away distance than before.
5. **The Race** - any number of races can be performed where the players are up against one another. The performance quality will dip considerably so make sure the players are playing fair and dribbling correctly.

DAY OF THE WEEK: FRIDAY, MAY 8

FOCUS: WINNING BALLS OUT OF THE AIR

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

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=5uunQWKL6gU&feature=emb_logo



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DAY OF THE WEEK: SUNDAY, MAY 10

FOCUS: CONDITIONING

KIDS WORKOUT TIME! PARENTS, YOU ARE WELCOME TO JOIN!

<https://www.youtube.com/watch?v=dhCM0C6GnrY>