



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL PRACTICE PLAN

SOCCER AGES 9-10

DAY OF THE WEEK: MONDAY, APRIL 13

FOCUS: JUGGLING

Juggling

Become comfortable with ball, improve agility and balance

<https://youtu.be/krSBbunxdUg>

DAY OF THE WEEK: TUESDAY, APRIL 14

FOCUS: GOALIE TRAINING

Rehearse techniques with a partner, roll and throw to one another (bowl, side arm and over arm). Start ten yards apart and increase to your maximum distance. Do the same with goal kicks and punts.

Bowl: bends knees to get closer to the ground, cradle the ball in the palm of the hand, release the ball with a roll and off the fingertips, and follow through with the throwing hand toward the target.

Over arm: cradle the ball in the palm and have a full swing from the shoulder forward toward the target, release the ball when the arm is level with the shoulder (parallel to the ground), release off the fingertips & follow through.

Goal kicks: plant foot beside the ball with the toes pointing toward the target, bend the knees, full back swing of the kicking leg, get the big toe and 'knuckle' of the big toe under the ball for slight lift of the ball, strike through the center of the ball with the instep to drive it forward, follow through with the kicking leg and keep your eyes on the ball.

Punt: cradle the ball in the hand opposite the kicking foot, let the ball roll forward off the fingertips & strike the ball when it has dropped below knee height.



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DAY OF THE WEEK: WEDNESDAY, APRIL 15

FOCUS: CONTROL & ACCURACY

Edge of the World

Each player gets a ball and stands on one sideline of an area. The objective is for everyone to pass his or her ball so that it stops as close to the other sideline as possible. If the ball goes past the sideline it falls off the edge of the world. Players get points for getting their ball within one yard (distance depends upon ability) of the line without going over.

Progressions: Players play ball with laces, inside of foot, etc.

DAY OF THE WEEK: THURSDAY, APRIL 16

FOCUS: FOOTWORK SKILLS

Multi-Gate Dribbling

In an area approximately 25 yards x 30 yards marked with corner flags, set up small goals (gates) using cones (1-2 steps wide) all around the area at different angles. Each player has a ball. Play for 10 minutes.

Players must keep the ball close to them by using the inside, outside and soles of their feet. This environment fosters controlled dribbling, looking around (vision), change of pace (exploding through a gate), change of direction, direction making (if one player is occupying a gate, the other players must look for another open gate).

Timed Multi-Gate Dribbling...players must count the number of gates that they dribble through in 30 seconds. (Coach is the timer and must make it exciting...make sure you count down the last 10 seconds) Players attempt to increase that number on future attempts.

DAY OF THE WEEK: FRIDAY, APRIL 17

FOCUS: CONTROL & AIM

Each player has a ball. The coach jogs around in a rectangle and the players try to kick their ball so that it hits the coach. The players get a point each time they hit the coach. The coach should yell "ouch" each time he or she is hit to make the game more exciting.

Progressions: The coach can stop for three seconds or vary how fast they are moving depending on the level of the players. Specify how the players must strike the ball (laces, one foot, other foot)



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DAY OF THE WEEK: SATURDAY, APRIL 18

FUN & CONDITIONING

LES MILLS TIME!

<https://watch.lesmillsdemand.com/born-to-move-free/season:1/videos/born-to-move-17-8-12-tell-me-you-love-me>

DAY OF THE WEEK: SUNDAY, APRIL 19

FOCUS: PASSING & RECEIVING

This is a simple game. Two players play against each other and share a ball. They place two cones anywhere from 2-8 yards apart. They choose!

Players pass back and forth to each other. The rules are that the ball must never stop, must always stay on the ground, and must go thru the two cones without touching them. Whenever this is violated the other person receives a point. Because of the rule that the ball must never stop, players have to play 1-2 touch. The closer the two cones are the more they closer the pairs are probably going to be. The farther apart they are, the more they will have to move laterally and look more like the old arcade "pong" game. Play for time and see who can become the PONG Champ!

DAY OF THE WEEK: MONDAY, APRIL 20

FUN & CONDITIONING

Balance on one leg with the other leg straight in front of you.

1. pull toes back
2. point toes down
3. turn foot in
4. turn foot out

Lie on your back and bend one knee in toward your chest. Straighten the bent leg upward. Do not use the hand to hold or pull the leg. Once the leg is extended rotate the foot out away from the midline of the body and then in toward the midline.

GREAT WORKOUT! <https://www.youtube.com/watch?v=L A HjHZxfI>



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DAY OF THE WEEK: TUESDAY, APRIL 21

FOCUS: AERIAL CONTROL

Improving your first touch from the air.

https://www.youtube.com/watch?v=yvkqEmNSKEw&feature=emb_logo

DAY OF THE WEEK: WEDNESDAY, APRIL 22

FOCUS: BALL CONTROL & SHOOTING

Side Shift and Shoot

<https://youtu.be/57wCOGll zo>

FUN & CONDITIONING

LES MILLS TIME!

<https://youtu.be/sKJSVkpAKkM>

DAY OF THE WEEK: THURSDAY, APRIL 23

FOCUS: DRIBBLING WITH SPEED

Stop and Go

In a 15 yd x 20 yd grid, each player has a ball. Players dribble freely in various directions. On the coach's command (whistle, "NOW", etc.), the players "stop and go" quickly, continuing to dribble the ball. When the coach says "change", the players change direction while dribbling.

Players must keep the ball close to them by using the inside, outside and soles of their feet. After they stop the ball and/or change direction, they must explode into space keeping the ball within playing distance (1-3 steps) so they can dribble it again. This type of dynamic activity forces the players to keep their heads up.



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DAY OF THE WEEK: FRIDAY, APRIL 24

FOCUS: SHOOTING

Individual Offensive Skills

Turning & shooting

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

DAY OF THE WEEK: SATURDAY, APRIL 25

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: SUNDAY, APRIL 26

FOCUS: SHOOTING

Soccer Wall Ball

Players can start by passing the ball toward the wall with the instep of the right foot, then receiving and settling the return bounce with the right foot. Players can pass with the right again for six to eight reps before switching to the left foot for both the settle and the pass. For the next phase of the drill, players will settle with the left and return the pass with the right. This will continue for six to eight more reps before players reverse the feet, settling with the right and returning with the left. Finally, players will eliminate the settle and will directly return the pass with the instep of the right foot for eight reps, then the left foot for eight more, then finally alternating between the right and left.

https://www.youtube.com/watch?v=PYw8Ecy_C_4