



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL PRACTICE PLAN

SOCCER AGES 9-10

DAY OF THE WEEK: MONDAY, APRIL 27

FOCUS: DRIBBLING

- Dribble to Beat an Opponent – when in possession of the ball and facing a defender, the attacking player must be able to maneuver past the defender using a change of speed or body feint to accelerate into open space.
- Dribble to Accelerate into Space – when receiving the ball in space and moving it forward at speed.
- Dribble to Avoid Pressure – ‘turning’ with the ball away from pressure to maintain possession.

DAY OF THE WEEK: TUESDAY, APRIL 28

FOCUS: BALL CONTROL

- 20 toe touches (alternate between right and left foot)
- 20 toe touches (players look up and call out how many fingers coach is holding up)
- tick-tock with the ball back and forth between their feet
- tick-tock with the ball back and forth between their feet (players look up and call out how many fingers coach is holding up)



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DAY OF THE WEEK: WEDNESDAY APRIL 29

FOCUS: 1st TOUCH

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DAY OF THE WEEK: THURSDAY APRIL 30

FOCUS: FOOTWORK SKILLS

Description:

- Players dribble within playing area performing various dribbling activities
- 1. Left – right – left – step over; right – left – right – Step Over
- 2. Touch the ball with the left and right foot – then drag the ball to the inside with the sole (left – right – sole; right – left – sole; left – right – sole.....)
- 3. Touch the ball with the outside and inside of the foot (outside, inside, outside, inside, outside, inside) switch feet
- 4. Same as before but now let the players touch the ball first with the inside and then the outside – sequence: inside, outside, inside, outside
- 5. Sequence: outside, inside, switch (foot), inside, outside, switch, outside, inside, switch
- 6. Inside, outside, roll over, switch (foot), inside, outside, roll over, switch (foot).....
- 7. Sole, sole, step over, sole, sole, step over....

Variation:

- Players do the above using different size balls (size 1,2,3 etc.)
- Players do the above using different size balls (size 1,2,3 etc.)



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DAY OF THE WEEK: FRIDAY MAY 1

FOCUS: DRIBBLING

Description:

- players with a ball each dribble ball around grid surrounded by 4 boxes
- players self-pass ball into one of the boxes and chase to retrieve before it leaves the box

Variation:

- vary different distances, weights, parts of foot to pass with
- for younger age groups have them roll ball with hands into box and then retrieve
- for more skilled players have them perform passes with both feet, no-look passes etc.

DAY OF THE WEEK: SATURDAY, MAY 2

FOCUS: YMCA GYM TIME!

Join YMCA Staff for Gym Time!

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

DAY OF THE WEEK: SUNDAY, MAY 3

FOCUS: CONDITIONING

JOIN US FOR Y LIVE KIDFIT WITH EMILY!

https://www.youtube.com/watch?time_continue=7&v=5uunQWKL6gU&feature=emb_logo

DAY OF THE WEEK: MONDAY, MAY 4

FOCUS: FUN!

<https://youtu.be/IX3sKYLzZ3A>

Fun Garbage Can Drill



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DAY OF THE WEEK: TUESDAY, MAY 5

FOCUS: VOLLEYS

<https://youtu.be/at6-mjR7zq8>

Fun Volley Game

DAY OF THE WEEK: WEDNESDAY, MAY 6

CONDITIONING

LES MILLS TIME!

<https://youtu.be/sKJSVkpAKkM>

DAY OF THE WEEK: THURSDAY, MAY 7

FOCUS: SHOOTING

Description:

- players dribble around cone and attempt to shoot the ball into their goal first
- 2 points to score first; 1 point for just scoring; 0 points for missing the goal
- team with most points after 5-7 minutes wins

Variation:

- use tall cones instead of mini goals as targets
- play with three groups (three goals) for more repetition
- specify how players must shoot (left or right foot, inside or laces, high or low etc.)
- adjust spacing depending on the age and ability of the group

DAY OF THE WEEK: FRIDAY, MAY 8

FOCUS: WINNING BALLS OUT OF THE AIR

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DAY OF THE WEEK: SATURDAY, MAY 9

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 10

FOCUS: CONDITIONING

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

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