



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL PRACTICE PLAN

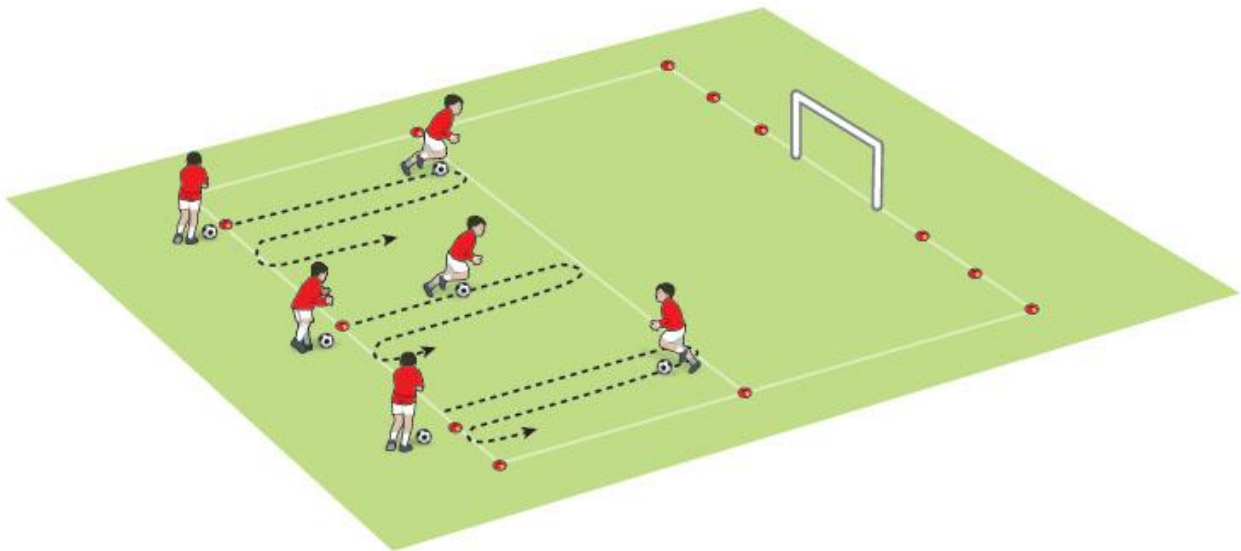
SOCCER AGES 11-13

Fitness works out are key to anyone playing or training for sports. Please visit our Les Mills classes for works. Suggestion would be to do a workout three times a week. Monday, Wednesday, Friday. Remember to drink plenty of water. <https://watch.lesmillsdemand.com/born-to-move-free>

DAY OF THE WEEK: MONDAY, MAY 11

FOCUS: DRIBBLING

Set up a 15 x 15 yards area split into a dribbling area of 7 yards . Split your players into pairs. When you say "go", the first player in each pair dribbles to the line, turns using a stop turn, dribbles back to the start line then turns again and dribbles back to the line.





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DAY OF THE WEEK: TUESDAY, MAY 12

FOCUS: FOOTWORK

<https://www.youtube.com/watch?v=SoijY4BUctw>

DAY OF THE WEEK: WEDNESDAY, MAY 13

FOCUS: BALL CONTROL & FOOTWORK

Drill Setup: Very little equipment needed for this one and it's a great drill if you have a large group. Give each players a ball and cone. The cone acts as an imaginary defender.

Drill Details: Players perform various skills using the cones as the 'defender'. Let your players choose their drills and only stop to add in stop coach points such as; dribbling into space when the 'defender' has been beaten.

Variation #1: Swap the cones for passive defenders (you can use one half of the group) **Variation #2:** Finally progress even further into using active defenders in a 1v1 situation

DAY OF THE WEEK: THURSDAY, MAY 14

FOCUS: RECEIVING THE BALL IN THE AIR

Divide the players into two groups and play on half the field with a goal at each end. Using hand passes, give points for players who successfully receive the ball. If a player with the ball is tagged, the ball goes over. Points are also scored if a player receives a ball and heads it into the goal.

Observe the player's choices – example: 1 to target player, 2 to overlapping player



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DAY OF THE WEEK: FRIDAY, MAY 15

FOCUS: DRIBBLING

<https://www.youtube.com/watch?v=Q7vUtARIRqY>

DAY OF THE WEEK: SATURDAY, MAY 16

CONDITIONING

IT'S LES MILLS TIME!

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

DAY OF THE WEEK: SUNDAY, MAY 17

CONDITIONING

IT'S LES MILLS TIME!

<https://youtu.be/sKJSVkpAKkM>

DAY OF THE WEEK: MONDAY, MAY 18

FOCUS: FIRST TOUCH PASSING AND RECEIVING

Player A begins play with a pass thru the gate to Player B. Player B takes his first touch outside the cones and makes a return pass to Player A. Player A turns and passes to Player C, who repeats the pattern. All of the players receive and pass in two touches. Player A uses a variety of turning moves in the center. Players B and C use both the inside and outside of the foot to receive, moving to their right and left during the drill.

Progression 1 – Make the first touch with the outside of the foot only.

Progression 2 – Use feinting moves before and after receiving.



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DAY OF THE WEEK: TUESDAY, MAY 19

FOCUS: FIRST TOUCH

Receiving Ball with Inside of Foot

COACHING POINTS

- Be ready for the ball
- Head up
- On toes
- Hips open
- Receive ball with inside of the foot
- Keep ball moving inside cones

<https://www.soccerdrive.com/soccer-drills/first-touch-receiving-ball-inside-foot>

Receiving Ball with Outside of Foot

COACHING POINTS:

- Be ready to receive the ball
- Head up
- On your toes
- Receive ball with the outside of the foot
- First touch should be to outside of cones
- Play ball with inside of the foot

<https://www.soccerdrive.com/soccer-drills/first-touch-receiving-ball-outside-foot>

DAY OF THE WEEK: WEDNESDAY, MAY 20

FOCUS: JUGGLING

<https://www.youtube.com/watch?v=krSBbunxdUq&feature=youtu.be>

Juggling

Become comfortable with ball, improve agility and balance



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DAY OF THE WEEK: THURSDAY, MAY 21

FOCUS: SHOOTING

The Exercise: Red drives the ball with his instep (laces) through two discs or flags to grey, white should initially serve as a passive goalie and become more active as the exercise progresses.

Coach should focus on Proper Technique for instep:

- Toe down & ankle locked.
- Head should remain steady as you strike the ball.
- Placement foot should be facing your partner

DAY OF THE WEEK: FRIDAY, MAY 22

FOCUS: MULTIPLE SKILLS DEVELOPMENT

<https://soccerdrillsapp.com/week-6-soccer-practice-drills-for-u10-u11-u12-teams/>

DAY OF THE WEEK: SATURDAY, MAY 23

CONDITIONING

IT'S LES MILLS TIME!

https://youtu.be/Ms8_ZbqTNiw

DAY OF THE WEEK: SUNDAY, MAY 24

CONDITIONING

IT'S LES MILLS TIME!

<https://youtu.be/sKJSVkpAKkM>