



**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 25**

##### **FOCUS: DRIBBLING**

<https://www.youtube.com/watch?v=170dc2y0Lnc>

#### **DAY OF THE WEEK: TUESDAY, MAY 26**

##### **FOCUS: GOAL KEEPING**

Set up a 15 x 15 yards area split into a dribbling area of 7 yards and a shooting area of 8 yards. You need a normal goal and two target goals at one end. 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: WEDNESDAY, MAY 27**

**FOCUS: FOOTWORK**

Field Preparation:

- 4 groups
- Each player with a ball
- 4 grids
- Cones to mark off area

Description:

- Players practice different skills in each grid (i.e. juggling, moves, turns, specific dribbling technique, passing drill etc.)
- On coach's command (verbal or nonverbal) all groups move to next grid in a clockwise or counterclockwise direction
- the group to arrive in next grid last does 10x squat jumps, jumping jacks)

Variation:

- specify how players must pass/receive (left or right foot, inside or outside foot, high or low etc.)
- specify how players must dribble (inside or outside of foot, left or right foot only etc.)
- vary activities (i.e. keep away or game of tag)
- adjust spacing depending on the age and ability of the group if necessary

**DAY OF THE WEEK: THURSDAY, MAY 28**

**FOCUS: MOVES TO GET AROUND DEFENDER**

<https://www.youtube.com/watch?v=AsFDd6t3Hhc>



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**DAY OF THE WEEK: FRIDAY, MAY 29**

**FOCUS: DRIBBLING**

**Drill Setup:** You can adapt the drill making the direction of play more complex. Use whatever equipment you have to setup an obstacle course where players must use small touches to keep control of the ball.

**Drill Details:** For this example; players dribble the ball through the obstacle and make a pass to another player on the opposite corner with the same color pinnie.

**Variation #1:** You can have 4 players crossing at the same time to develop awareness

**Variation #2:** You can also change the direction of play and possible add in the; left and right, top and bottom positions

**Variation #3:** You could try to add passive and active defenders. Just be aware of any health and safety considerations

**DAY OF THE WEEK: SATURDAY, MAY 30**

**FOCUS: CONDITIONING**

**LES MILLS TIME!**

<https://watch.lesmillsondemand.com/born-to-move-free/season:1/videos/born-to-move16-13-16-lovesick>

**DAY OF THE WEEK: SUNDAY, MAY 31**

**FOCUS: CONDITIONING**

**Great Job This Week! Stretch it out with some Kids Yoga!**  
<https://www.youtube.com/watch?v=X655B4ISakq&t=126s>



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**DAY OF THE WEEK: MONDAY, JUNE 1**

**FOCUS: SOCCER CONDITIONING**

**Description:**

- different types of dribbling
- speed dribbling (slow, medium, fast etc.)
- take a touch every step • change direction every four dribbles
- short – short – long dribbling

**Variation:**

- specify how players must dribble (inside or outside of foot, sole, left or right foot only etc.)
- adjust spacing depending on the age and ability of the group if necessary

**DAY OF THE WEEK: TUESDAY, JUNE 2**

**FOCUS: Trapping**

<https://www.soccerxpert.com/drills/details/trapping-passive-opposition>

**DAY OF THE WEEK: WEDNESDAY, JUNE 3**

**FOCUS: 1<sup>st</sup> touch and Passing**

[https://www.youtube.com/watch?v=us7Gfb\\_CsQQ](https://www.youtube.com/watch?v=us7Gfb_CsQQ)

**DAY OF THE WEEK: THURSDAY, JUNE 4**

**FOCUS: FIRST TOUCH AND PASSING**

[https://www.youtube.com/watch?v=us7Gfb\\_CsQQ](https://www.youtube.com/watch?v=us7Gfb_CsQQ)

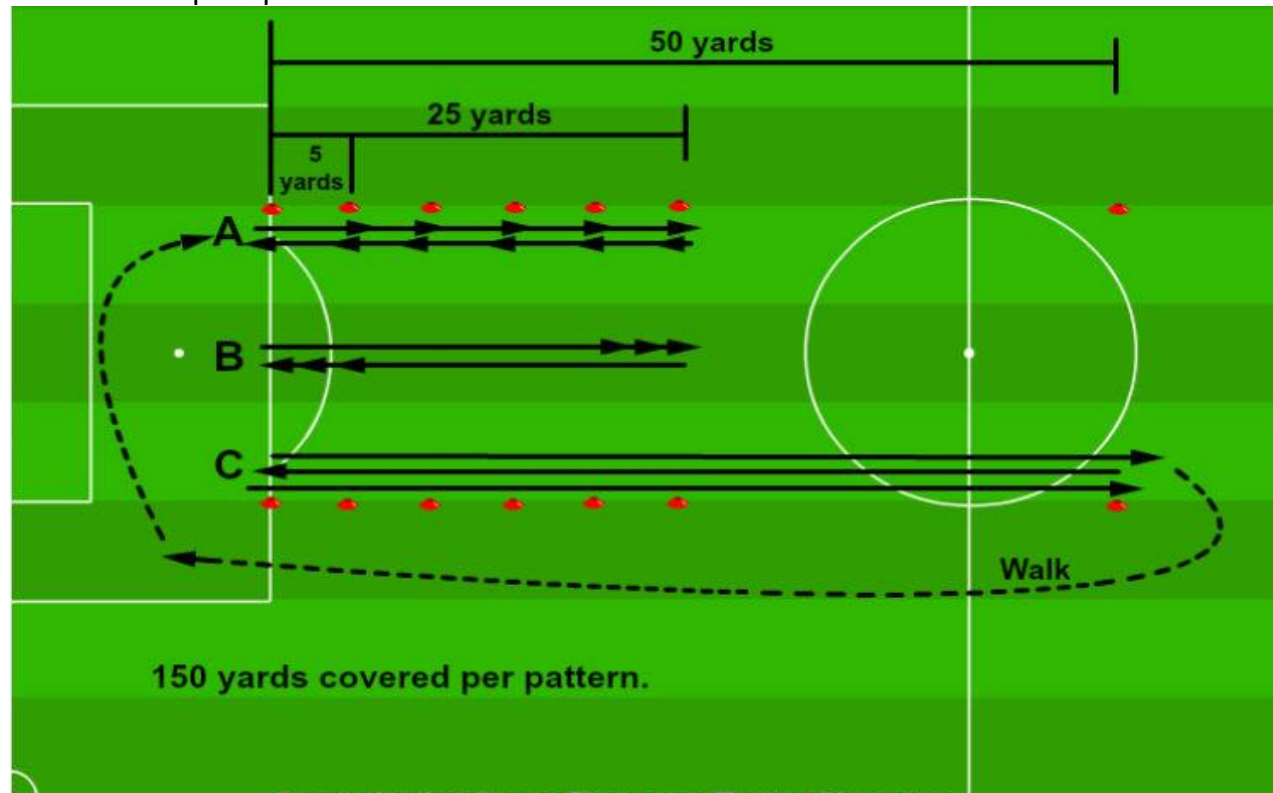
**DAY OF THE WEEK: FRIDAY, JUNE 5**

**FOCUS: SOCCER CONDITIONING**

**Setup:** Set up pattern A and B. See diagram for more information. Set up at least two sets of six cones on the outside of the running area. The cone lines should be parallel to each other with about 20-25 yards between them. There should be five yards between each cone along the cone lines.

Set up pattern C by adding a cone 25 yards directly behind the two top cones of pattern A and B. The two cones should be in the same parallel lines as the cone lines already setup. See diagram for more information.

Players will complete pattern A first. The first group starts between the two cones on the bottom of the setup. On the whistle, players will complete a shuttle between the first six cones. Players will run 5 yards to the first cone, run back to the start line, run 10 yards to the second cone, run back to the start line, and continue this until they run to the last cone, 25 yards away and back to the start line. Complete pattern B and C.





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**DAY OF THE WEEK: SATURDAY, JUNE 6**

**FOCUS: CONDITIONING**

Join YMCA Staff for Gym Time!

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

**DAY OF THE WEEK: SUNDAY, JUNE 7**

**FOCUS: CONDITIONING**

**JOIN US FOR Y LIVE KID FIT WITH WHITNEY!**

[https://www.youtube.com/watch?time\\_continue=3&v=nJf4AdNVBmA&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=3&v=nJf4AdNVBmA&feature=emb_logo)