



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL PRACTICE PLAN

SOCCER AGES 7-8

DAY OF THE WEEK: MONDAY, MAY 11

FOCUS: FAST FEET & SHARP SHOOTING

<https://www.youtube.com/watch?v=dztdVHVP0mg>

DAY OF THE WEEK: TUESDAY, MAY 12

FOCUS: SHIELDING THE BALL

There are four basic shielding moves which you will cover in this session. They are the simple step across; the roll; the pull-back; and the circle turn (Note: younger players may have trouble with the circle turn, but it is a good idea to introduce it anyway – and, for older players, it may be possible to add pull-back/taps behind the support leg and the step over).

The basic shielding posture is:

- Knees bent and bottom down to lower center of gravity;
- Body in a fencer's or boxer's stance (turned sideways with weight balanced on both feet);
- Arm/elbow of side which will make contact tucked well in to protect ribs; Other arm spread out for balance;
- Time the step-across so that shoulder aggressively makes contact with opponent (bump him slightly), transferring weight to front foot so that back foot is free to pass/control ball.



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DAY OF THE WEEK: WEDNESDAY, MAY 13

FOCUS: DRIBBLING WITH PURPOSE

Follow the Leader

Set up a course as shown with same colored cones opposite each other. 1 player is the leader the other player is the follower. Leader dribbles to a cone of a different color and then waits for the follower to get to the opposite cone of the same color. Variation: Leader calls out a color and the two players race to that color cone, both players cannot be at the same cone, Call out more than 2 colors in sequence.

DAY OF THE WEEK: THURSDAY, MAY 14

FOCUS: SHOOTING

Instep Warm Up – Start with players sitting down and kicking the ball out of their hands. Look for good technique – ankle locked, toe pointed, strike ball with laces, plant foot facing target, leaning forward, no spin on ball, head position.

Progression

- Sitting
- Two insteps in a row
- Kick ball, stand up and catch it.
- While standing (moving), kick ball and catch it.
- Have the ball bounce in between touches, keep ball going.
- Two touches without ball hitting ground.

Instep Squares – Two squares are set up with two players in each square who are teammates. The more skillful the players, the smaller the squares are and the further apart they are. The game starts when one team kicks the ball into the others' square. The receiving team must control the ball without it going outside of their square. Each player is allowed to play the ball with one touch. The team has 3 touches to get the ball into their opponents square. The ball may not stop at any time. Play stops when a shot misses the other teams grid or is not controlled. Decide beforehand how high a ball may be played to be considered fair.



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DAY OF THE WEEK: FRIDAY, MAY 15

FOCUS: FREE STYLE DRIBBLING

As time goes on, work to keep your head up and increase speed while dribbling. Once you are able to comfortably dribble the 4 moves above while keeping your head up, start to add in deceptive body fakes to really sell certain moves. The additional body fakes will help you get around defenders and open up different passing and shooting options.

<https://www.soccerdrive.com/soccer-drills/freestyle-dribbling>

DAY OF THE WEEK: SATURDAY, MAY 16

CONDITIONING

IT'S LES MILLS TIME!

<https://watch.lesmillsdemand.com/born-to-move/season:1/videos/born-to-move-17-6-7-baila-with-me>

DAY OF THE WEEK: SUNDAY, MAY 17

CONDITIONING

IT'S LES MILLS TIME!

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

DAY OF THE WEEK: MONDAY, MAY 18

FOCUS: DRIBBLING

Set Up

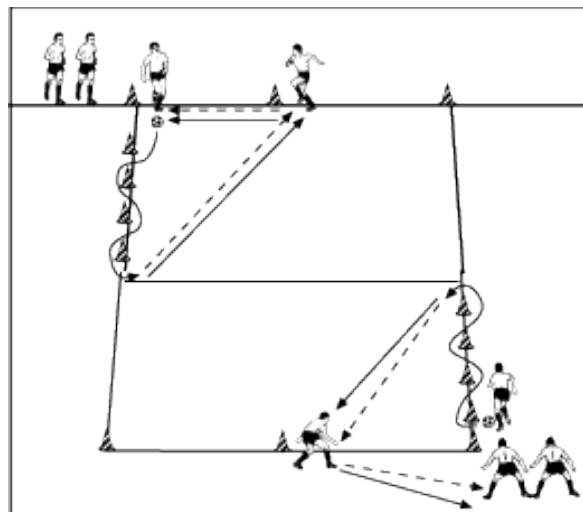
Using four cones, mark out a 10 x 12-yard field.
Place another cone in the center of each end line.
Station one player at each center cone; the remaining players form two lines, one at each slalom course.

Sequence

In this exercise, the corner cones are unoccupied.
The following technique exercise runs simultaneously on both sides: The first player in the group dribbles her football through the slalom course and passes diagonally from the last cone back to the player on the end line. This player passes the ball to the next player in line, etc.
All players follow their passes to their next positions.

Focus On

Practicing dribbling
Accurate passes over short distances
Combining dribbling and passing as the situation requires.





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DAY OF THE WEEK: TUESDAY, MAY 19

FOCUS: LONG PASS FUNDAMENTALS

This pass is great if you are passing a further distance, trying to change the field of play or to get the ball out of trouble.

MAIN COACHING POINTS:

- Use laces to drive soccer ball
- Generate power through your core
- Plant foot faces the target
- Follow thought to target
- Bring quad back further for a stronger drive

<https://www.soccerdrive.com/soccer-drills/long-drive-pass-fundamentals>

DAY OF THE WEEK: WEDNESDAY, MAY 20

FOCUS: WALL DRILLS

Using just a wall and a ball is a great way to enhance individual training. You can control the pace of the ball to make things easy, hard, or extremely challenging. The following video details techniques on short range passing, long range passing, trapping, dribbling, and volleys.

<https://www.youtube.com/watch?v=LoJ5dsFz59s>

DAY OF THE WEEK: THURSDAY, MAY 21

FUN

Soccer Obstacle Course

<https://www.youtube.com/watch?v=LciOHx7IOYo>

DAY OF THE WEEK: FRIDAY, MAY 22

FOCUS: SHOOTING

Perfect your shooting skills by watching and practicing this video.

<https://www.youtube.com/watch?v=hmGb1dTfcFY>



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DAY OF THE WEEK: SATURDAY, MAY 23

MEMORIAL DAY SOCCER

WORLD CUP

Setup

- Gather players in front of one of the goal areas.
- Players should pair up in twos or threes, forming several “teams”.
- Have each team decide what country they’d like to be. This is where the drill derives its name from! Each team represents a country and they will be competing against each other.

Instructions

- Teams will then need to compete against each other, all at the same time, to win the ball and score a goal in order to advance to the next round.
- Each time a ball goes out of play or a team scores a goal, a coach or player not involved in actual play should throw or kick a ball into the playing area again. The remaining teams will continue to compete against each other and try to score a goal.
- This will continue until the last two teams who haven’t scored remain on the field. Those two teams do not advance to the next round of play. A new round of play will then begin and this pattern will continue until only two teams are left to face each other. The first team that scores wins the World Cup!

Coaching Tips

- Communication is key between players.
- Since the field is congested with so many small teams, players on the same team need to work together, use quick thinking, and get to open space in order to find a clear shot at goal.
- If players tend to hold onto the ball too much, they risk losing it and providing an opportunity for another team to score.
- Rebounds are a great way of scoring quickly. Advise players to use that to their advantage and attack the net after a shot is taken, even if the shot wasn’t from a player on their own team.
- Advise players that passing or shooting from long distance is risky. Opposing teams have the potential of intercepting a pass or shot and could have a better scoring chance



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DAY OF THE WEEK: SUNDAY, MAY 24

CONDITIONING

IT'S LES MILLS TIME!

<https://watch.lesmillsondemand.com/born-to-move/season:1/videos/born-to-move-16-8-12-this-is-me>