



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL PRACTICE PLAN

SOCCER AGES 7-8

DAY OF THE WEEK: MONDAY, MAY 25

MEMORIAL DAY FUN

Family Scrimmage!

Take the family outside to show off your new skills and play a game.

DAY OF THE WEEK: TUESDAY, MAY 26

FOCUS: FOOTWORK DRILLS

Dribbling is one of the most fun activities to work on. Improving your skills in this area will quickly raise your game. The following video targets areas that you can use in all game situations.

- Inside and Outside Touches (One Foot)

<https://www.soccerdrive.com/soccer-drills/inside-and-outside-touches-one-foot>

- Inside and Outside Touches (Both Feet)

<https://www.soccerdrive.com/soccer-drills/inside-and-outside-touches-both-feet>

DAY OF THE WEEK: WEDNESDAY, MAY 27

FOCUS: GOALIE DRILLS

Training to be a good goalie is often difficult by yourself. This video provides an at home solo workout. Limited equipment is needed and you can improvise if necessary.

<https://www.youtube.com/watch?v=90aq7m9Rp3Q>



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DAY OF THE WEEK: THURSDAY, MAY 28

FOCUS: CHIPPING THE BALL

The chip is used to quickly lift the ball over short distances, for example, to pass the ball over an opponent to one of your teammates or to lift the ball into the penalty area from a few meters away.

Step-by-step instructions to give your players:

- Approach the football at a slight angle
- Place your non-kicking foot approximately 6 inches to the side of the ball and slightly behind it
- Take a back swing with your kicking leg, keeping in mind that a shorter back swing will allow you more control and better placement
- Angle your toe down as you make contact with the bottom part of the ball, the part closest to the ground
- Lean your body back as you kick to increase the lift of the ball. The farther you lean back, the greater the ball's arc.

DAY OF THE WEEK: FRIDAY, MAY 29

FOCUS: BASIC PASSING TECHNIQUES

Learn the basics of how to pass a soccer ball with this video demonstration from 10 year MLS veteran, Bobby Burling.

MAIN COACHING POINTS:

- Make sure your plant foot faces your target
- Strike the center of the ball with the inside of your foot!

<https://www.soccerdrive.com/soccer-drills/basic-passing-technique>

DAY OF THE WEEK: SATURDAY, MAY 30

FUN!

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

<https://www.youtube.com/watch?v=dhCMOC6GnrY>



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DAY OF THE WEEK: SUNDAY, MAY 31

FUN!

Soccer Obstacle Course

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

DAY OF THE WEEK: MONDAY, JUNE 1

FOCUS: SHOOTING FOR POWER & ACCURACY

MAIN COACHING POINTS:

1. Plant Foot Faces Target
2. Use Side of Foot to Strike Ball
3. Strike Center of Ball
4. Follow Through

<https://www.soccerdrive.com/soccer-drills/shooting-accuracy-0>

MAIN COACHING POINTS:

1. Plant Foot Faces Target
2. Use Laces to Strike Ball
3. Strike Center of Ball
4. Follow Through and Land on Shooting Foot

<https://www.soccerdrive.com/soccer-drills/shooting-power>

PROGRESSION:

When you get comfortable with the techniques, add in some dribbling moves and shoot while you are moving. This situation will be more game-like.



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DAY OF THE WEEK: TUESDAY, JUNE 2

FOCUS: BASIC FUNDAMENTALS

Soccer Throw-In

COACHING POINTS:

1. Bring ball overhead.
2. Evenly hold soccer ball with both hands.
3. Both feet must remain on ground.
4. Use core of body to generate additional power.

<https://www.soccerdrive.com/soccer-drills/basic-fundamentals-soccer-throw>

DAY OF THE WEEK: WEDNESDAY, JUNE 3

FOCUS: DRILL REVIEW

This soccer drill is for kids giving the main things that players should be working on from a young age. (Challenge yourself with this drill.)

https://youtu.be/010_mhlfZpA



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DAY OF THE WEEK: THURSDAY, JUNE 4

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: FRIDAY, JUNE 5

FUN & CONDITIONING

4 Surfaces

Each player has a ball. Have the players try to use the 4 surfaces of the foot in 1 fluid motion in this order: Outside, Inside, Laces and Bottom, Transfer the ball from the right to left foot after they stop the ball with the bottom (sole of the shoe) When the players display proficiency, challenge them to do it faster and in a smaller space.

The sequence is: Outside of the foot touch - Inside of the foot touch - Laces (push) - Stop with bottom of the foot and Change foot.



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DAY OF THE WEEK: SATURDAY, JUNE 6

FUN & CONDITIONING

Join YMCA Staff for Gym Time!

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

DAY OF THE WEEK: SUNDAY, JUNE 7

FUN & CONDITIONING

Great Job This Week! Stretch it out with some Kids Yoga!

<https://www.youtube.com/watch?v=X655B4ISakq&t=126s>