



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL PRACTICE PLAN

SOCCER AGES 9-10

DAY OF THE WEEK: MONDAY, MAY 11

FOCUS: INDIVIDUAL SKILLS

<https://youtu.be/Y8i6QDP00v0>

First Touch/ Dribbling & Shooting

DAY OF THE WEEK: TUESDAY, MAY 12

FOCUS: BALL CONTROL

Edge of the World

Each player gets a ball and stands on one sideline of an area. The objective is for everyone to pass his or her ball so that it stops as close to the other sideline as possible. If the ball goes past the sideline it falls off the edge of the world. Players get points for getting their ball within one yard (distance depends upon ability) of the line without going over.

Progressions: Players play ball with laces, inside of foot, etc.

DAY OF THE WEEK: WEDNESDAY, MAY 13

FOCUS: FOOTWORK

<https://youtu.be/tMY5Cj39xN8>

Fast Footwork Skills

Agility skills to help with balance

DAY OF THE WEEK: THURSDAY, MAY 14

FOCUS: CONTROL AND AIM

Each player has a ball. The coach jogs around in a rectangle and the players try to kick their ball so that it hits the coach. The players get a point each time they hit the coach. The coach should yell "ouch" each time he or she is hit to make the game more exciting. Progressions: The coach can stop for three seconds or vary how fast they are moving depending on the level of the players. Specify how the players must strike the ball (laces, one foot, other foot).



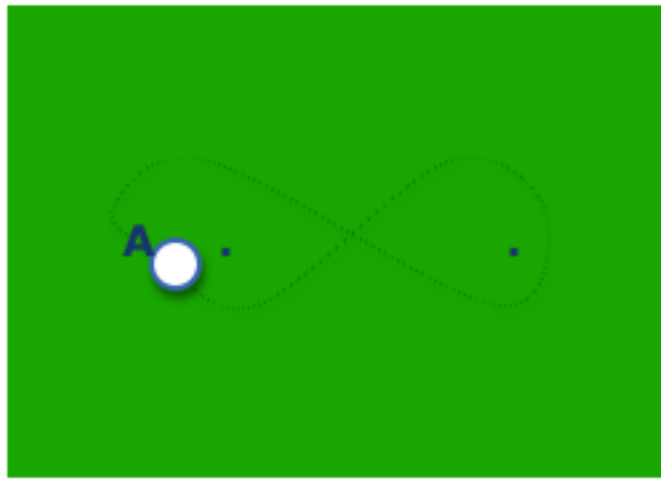
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DAY OF THE WEEK: FRIDAY, MAY 15

FOCUS: DRIBBLING

Figure Eight Dribbling

1 player, 2 cones- 1 ball



DAY OF THE WEEK: SATURDAY, MAY 16

FOCUS: FOOTWORK

IT'S LES MILLS TIME!

https://youtu.be/Ms8_ZbgTNiw

DAY OF THE WEEK: SUNDAY, MAY 17

CONDITIONING

IT'S LES MILLS TIME!

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



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DAY OF THE WEEK: MONDAY, MAY 18

FOCUS: AERIAL CONTROL

<https://youtu.be/SNDvOoMIGbU>

Aerial Control

Dealing with balls coming in the air

DAY OF THE WEEK: TUESDAY, MAY 19

FOCUS: VOLLEYS

Juggling

Become comfortable with ball, improve agility and balance

<https://youtu.be/krSBbunxdUg>

DAY OF THE WEEK: WEDNESDAY, MAY 20

FOCUS: FUN

Balance on one leg with the other leg straight in front of you.

1. pull toes back
2. point toes down
3. turn foot in
4. turn foot out

Lie on your back and bend one knee in toward your chest. Straighten the bent leg upward. Do not use the hand to hold or pull the leg. Once the leg is extended rotate the foot out away from the midline of the body and then in toward the midline. GREAT WORKOUT!

https://www.youtube.com/watch?v=L_A_HiHZxfI

DAY OF THE WEEK: THURSDAY, MAY 21

FOCUS: SHOOTING

<https://youtu.be/9UiuVqYrQcw>

Individual Offensive Skills

Turning & shooting



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DAY OF THE WEEK: FRIDAY, MAY 22

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: 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.



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- 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

DAY OF THE WEEK: SUNDAY, MAY 24

CONDITIONING

IT'S LES MILLS TIME!

<https://youtu.be/sKJSVkJPAKkM>