



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# VIRTUAL PRACTICE PLAN

## SOCCER AGES 9-10

**DAY OF THE WEEK: MONDAY, MAY 25**

### MEMORIAL DAY FUN!

Family Scrimmage!

Take the family outside for a game and to show off your new moves.

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

### FOCUS: DRIBBLING/ PASSING/VISION

<https://youtu.be/sUKIMV4LZvA>

**Monkey in the Middle**

3 or 4 v 1- 2 touch maximum

**DAY OF THE WEEK: WEDNESDAY, MAY 27**

### FOCUS: DRIBBLING

<https://youtu.be/Ms8 ZbqTNiw>

**Dribbling**

Toe taps, Foundation, sole rolls, stop turn and more



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

**FOCUS: JUGGLING**

<https://youtu.be/krSBbunxdUg>

Juggling

Become comfortable with ball, improve agility and balance

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

**FOCUS: GOALIE TRAINING**

Rehearse techniques with a partner, roll and throw to one another (bowl, side arm and over arm). Start ten yards apart and increase to your maximum distance. Do the same with goal kicks and punts.

**Bowl:** bends knees to get closer to the ground, cradle the ball in the palm of the hand, release the ball with a roll and off the fingertips, and follow through with the throwing hand toward the target.

**Over arm:** cradle the ball in the palm and have a full swing from the shoulder forward toward the target, release the ball when the arm is level with the shoulder (parallel to the ground), release off the fingertips & follow through.

**Goal kicks:** plant foot beside the ball with the toes pointing toward the target, bend the knees, full back swing of the kicking leg, get the big toe and 'knuckle' of the big toe under the ball for slight lift of the ball, strike through the center of the ball with the instep to drive it forward, follow through with the kicking leg and keep your eyes on the ball.

**Punt:** cradle the ball in the hand opposite the kicking foot, let the ball roll forward off the fingertips & strike the ball when it has dropped below knee height.

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

**FOCUS: FOOTWORK**

Join YMCA Staff for Gym Time!

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



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

**FOCUS: PASSING & RECEIVING**

JOIN US FOR Y LIVE KIDFIT WITH EMILY!

[https://www.youtube.com/watch?time\\_continue=7&v=5uunQWKL6qU&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=7&v=5uunQWKL6qU&feature=emb_logo)

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

**FOCUS: DRIBBLING**

<https://youtu.be/Nn6lBhDtHHY>

Cone Drills

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

**FOCUS: SHOOTING**

Soccer Wall Ball

Players can start by passing the ball toward the wall with the instep of the right foot, then receiving and settling the return bounce with the right foot. Players can pass with the right again for six to eight reps before switching to the left foot for both the settle and the pass. For the next phase of the drill, players will settle with the left and return the pass with the right. This will continue for six to eight more reps before players reverse the feet, settling with the right and returning with the left. Finally, players will eliminate the settle and will directly return the pass with the instep of the right foot for eight reps, then the left foot for eight more, then finally alternating between the right and left.

[https://www.youtube.com/watch?v=PYw8Ecy\\_C\\_4](https://www.youtube.com/watch?v=PYw8Ecy_C_4)

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

**FOCUS: BALL CONTROL & SHOOTING**

[https://youtu.be/57wCOGll\\_zo](https://youtu.be/57wCOGll_zo)

Side Shift and Shoot



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

<b>FUN!</b>
<a href="https://youtu.be/IX3sKYLzZ3A">https://youtu.be/IX3sKYLzZ3A</a>
<b>Fun Garbage Can Drill</b>

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

<b>FOCUS: SHOOTING</b>
<a href="https://youtu.be/4PczLM0zSPE">https://youtu.be/4PczLM0zSPE</a>
<b>Finishing Exercises for Forwards</b>

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

<b>FOCUS: CONDITIONING</b>
<b><u>LES MILLS TIME!</u></b>
<a href="https://watch.lesmillsdemand.com/born-to-move-free/season:1/videos/born-to-move-16-8-12-this-is-me">https://watch.lesmillsdemand.com/born-to-move-free/season:1/videos/born-to-move-16-8-12-this-is-me</a>

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

<b>FUN!</b>
<a href="https://youtu.be/at6-mjR7zq8">https://youtu.be/at6-mjR7zq8</a>
<b>Fun Volley Game</b>