



## Soccer Practice Plans



FOR YOUTH DEVELOPMENT<sup>®</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



Ages: 13 to 14

The players build upon the tactics and skills they learned in the previous years while adding additional rules and more components of the game.

### OVERVIEW

The practice plans that follow provide a guide for the season and incorporate the following key components:

- **Practice Goals:** The goals of the practice are your main focus.
- **Team Circle:** The team circle time that kicks off each practice is an opportunity for you to cover key character development concepts with your players. The four core values—caring, honesty, respect, and responsibility—can all be related to many situations that arise while playing soccer. For example, playing cooperatively with teammates shows that you care about them. We'll suggest some specific ideas for briefly discussing character development values.
- **Tactics and Skills:** Tactics are knowing what to do during the game (and when to do it), and they require an understanding of the problems faced by each team during the game and how those problems can be solved. Ways to maintain possession of the ball would be tactics. Skills are the physical skills traditionally taught, such as passing or shooting the ball or controlling the ball during play.
- **Rules and Traditions:** You will teach the rules of the sport to players gradually, as part of playing games and learning skills. Traditions are those unwritten rules that players follow to be courteous and safe, such as raising their hand when they foul someone or playing cooperatively with the others on their team.
- **Fitness Concepts:** Even young children can understand some simple concepts about health and fitness, such as the idea that exercise strengthens your heart.

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# Soccer Goalie Activities



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 Ages: 13 to 14

**Coach:**

**Team:**

### Overview

- Use these activities with keepers in each practice to give them position-specific work while remaining players complete regular practice activities.
- Work goalies into the games at the end of practice whenever possible.
- Include goalies in some of the other activities (passing, dribbling, etc.) so they develop those essential skills and participate with the rest of the team.
- Have goalies participate in all warm-ups and fitness activities when possible, and make sure to give them an upper body warm-up.

Time	Activity	Activity Description	Video Tutorial
15–20 mins.	<b>Kneeling Dive</b>	This activity introduces goalies to diving. By starting on their knees, the impact is lightened and they can focus on the right technique. Emphasize the points from the video tutorial while teaching.	 <a href="http://sportsedtv.co/2W0dTFI">http://sportsedtv.co/2W0dTFI</a>
15–25 mins.	<b>Standing Dive</b>	This activity introduces diving from a standing position. Start off slowly to explain the correct technique. Demonstrate the proper approach as it is described in the video tutorial.	 <a href="http://sportsedtv.co/3k2XtUT">http://sportsedtv.co/3k2XtUT</a>



Time	Activity	Activity Description	Video Tutorial
15–25 mins.	<b>Footwork and Diving (Still Ball)</b>	Players learn to combine footwork with diving in this video tutorial. This is very important because it will make goalies react faster and get into the habit of being on their toes before diving for a save. This activity involves diving to collect a still ball.	 <a href="https://sportsedtv.co/37NCOhK">https://sportsedtv.co/37NCOhK</a>
15–25 mins.	<b>Footwork and Diving (Active Ball)</b>	This video tutorial shows a variation of the previous one; it still includes footwork, but now the goalie dives to stop a live shot to one side.	 <a href="https://sportsedtv.co/3jXKEeu">https://sportsedtv.co/3jXKEeu</a>
15–25 mins.	<b>Catch and Overhead Throw</b>	This video tutorial introduces goalkeepers to throwing the ball overhead. Start off slowly, and focus on the technique (rather than distance or power) with this age group. It's important that players' arms are warmed up before practicing.	 <a href="https://sportsedtv.co/3iRQwqe">https://sportsedtv.co/3iRQwqe</a>
15–25 mins.	<b>Side Volley</b>	<p>This video tutorial introduces goalkeepers to the side volley. Focus on technique and accuracy. Make sure their kicking legs are warmed up before this activity.</p> <p>Encourage goalies to use this skill in games once they have learned it.</p>	 <a href="https://sportsedtv.co/3jTBu2y">https://sportsedtv.co/3jTBu2y</a>
15–20 mins.	<b>Partner Catching</b>	<p>Have the goalies stand across from each other and throw the ball back and forth into each other's hands.</p> <p>Then, have them roll the ball to the others; they will get down low and collect it with their hands.</p> <p>Different variations of these partner-catching activities (such as throwing the ball straight up, off to one side, etc.) can be used as needed.</p>	N/A



# Soccer Session 1



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 Ages: 13 to 14

**Coach:**

**Team:**

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### Practice Goals


- Positivity and collaboration
  - Excitement for the season
  - Variety of skills
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Time	Activity	Activity Description	Video Tutorial
3 mins.	Team Circle	<p>Gather players into a single-file line.</p> <p><b>SAY:</b> "Turn to your right so the person to the side of you is now in front of you. Put your arms on their shoulders. We are going to walk forward, as a group, using first the right foot and then the left. We will walk slowly. Take your time so we all move together. Get ready with your right foot, now step; get ready with your left foot, now step."</p> <p>Repeat for four steps.</p> <p><b>SAY:</b> "Let go of your teammates. Did we have to work together to walk as a group? We did. All season we will need to work together, with everyone doing their part. We will talk about four values that all players should have—caring, honesty, respect, and responsibility. We need to understand and use these values, or qualities, in every practice and game."</p>	N/A

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Time	Activity	Activity Description	Video Tutorial
10 mins.	<b>Warm-Up: Dribbling</b>	Use this dribbling warm-up for players to warm their bodies and muscles at the start of practice while getting touches on the ball and improving their dribbling. Emphasize the points detailed in the video tutorial to ensure players have proper form.	 <a href="https://sportsedtv.co/3jW1z0Z">https://sportsedtv.co/3jW1z0Z</a>
5 mins.	<b>Fitness: General</b>	<p>Gather the team into a group.</p> <p><b>SAY:</b> "Do we play soccer to get in shape or get in shape to play soccer? Let's talk about both sides. What do you think?"</p> <p>Discuss for two or three minutes.</p> <p><b>SAY:</b> "We should improve our fitness—cardiorespiratory, flexibility, and muscular strength and endurance—in order to play better soccer. By playing soccer we get lots of opportunities to improve our fitness. All season we'll be talking more about the different areas of fitness and ways to improve those abilities."</p>	N/A
20 mins.	<b>Two-Touch Receiving and Passing</b>	<p>This activity helps players improve their first touch and learn to take it in a deliberate direction to set up their next pass.</p> <p>Make sure to do this activity in both directions to work both feet.</p>	 <a href="https://sportsedtv.co/3snm7Dx">https://sportsedtv.co/3snm7Dx</a>
15 mins.	<b>Turn and Shoot</b>	This drill teaches players to turn and shoot after receiving a pass. The goalkeepers should also be included. Make sure to emphasize players taking their first touch firmly enough to the side, as shown in the video tutorial.	 <a href="https://sportsedtv.co/3g2UWc7">https://sportsedtv.co/3g2UWc7</a>

Time	Activity	Activity Description	Video Tutorial
30 mins.	<b>Eight Versus Eight: Passing and Rules Focus</b>	<p>Emphasize and encourage passing and moving in this eight versus eight game. Freeze the game occasionally to show players where to move to be in the best position to receive a pass.</p> <p>Through playing a game, players will review game rules, including start and restart rules, throw-ins, offsides, and corner kicks.</p> <p><b>SAY:</b> "What happens at the start of a game?"</p> <p>Players' correct response: "Kickoff."</p> <p><b>SAY:</b> "What happens after a goal is scored?"</p> <p>Players' correct response: "Kickoff."</p> <p><b>SAY:</b> "What's the call when you kick the ball out-of-bounds beyond your own goal line?"</p> <p>Players' correct response: "A corner kick for the opposing team."</p> <p><b>SAY:</b> "What's the call when you kick the ball out-of-bounds along the touchline?"</p> <p>Players' correct response: "A throw-in is given to the other team." (Watch the video tutorial to know what aspects of a throw-in to teach.)</p> <p><b>SAY:</b> "What happens when you kick the ball out-of-bounds beyond the opponents' goal line?"</p> <p>Players' correct response: "A goal kick is given to the other team."</p> <p><b>SAY:</b> "What is the offsides rule?"</p> <p>Players' correct response: "A player cannot receive a pass if at the moment the pass was played, the player was behind the last opposing defender."</p>	 <p>This is a separate video tutorial to teach the throw-in:</p> <p><a href="https://sportsedtv.co/3skpR8y">https://sportsedtv.co/3skpR8y</a></p>
83 mins.	<b>Total Time</b>	<p><i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i></p>	



# Soccer Session 2



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 Ages: 13 to 14

**Coach:**



**Team:**



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**Practice Goals**

- Passing
  - One versus one activities
  - Match scenarios
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Time	Activity	Activity Description	Video Tutorial
3 mins.	<b>Team Circle</b>	<p>Gather the team. Separate them into two groups, each with a ball.</p> <p><b>SAY:</b> "Each group should pass the ball to each other. As you pass the ball, say something good about the pass and the people passing and receiving. I should be hearing constant talking."</p> <p>Encourage excitement about the activity by clapping and providing players with positive comments.</p> <p><b>SAY:</b> "We will keep the passing going until everyone has had two turns passing and receiving. Let me know when you're done."</p> <p>Wait for players to signal that they are finished.</p> <p><b>SAY:</b> "What are some of the positive comments that you heard? Saying positive comments shows you care."</p> <p>-----</p>	N/A



Time	Activity	Activity Description	Video Tutorial
15 mins.	<b>Warm-Up: Rondo (Passing)</b>	This exercise will get players warm as they rehearse passing and defending techniques. It is a great way to start any practice.	 <a href="https://sportsedtv.co/3jXcrf8">https://sportsedtv.co/3jXcrf8</a>
5 mins.	<b>Fitness: General</b>	<p>Gather the team into a group.</p> <p><b>SAY:</b> "At the last practice we talked about different kinds of fitness. Can you tell me what they were?"</p> <p>Listen to responses until they say cardiorespiratory, flexibility, and muscular strength and endurance.</p> <p><b>SAY:</b> "What are some examples of physical activities to improve cardiorespiratory fitness?"</p> <p>Discuss these examples: walking, running, swimming, and more.</p> <p><b>SAY:</b> "What are examples of muscular strength and endurance?"</p> <p>Discuss these examples: ball-handling skills and drills, kicking for distance, and more.</p> <p><b>SAY:</b> "What are examples of flexibility?"</p> <p>Discuss these examples: leg and arm stretches.</p> <p><b>SAY:</b> "By working hard at all the practices and outside of practice, you can help attain the overall fitness you need for soccer."</p>	N/A
15 mins.	<b>Passing Circle</b>	<p>This activity helps players improve their two-touch passing, keeping their head up, and communication. Make sure to stress that players call the name of the destination of their pass, as shown in the video tutorial.</p> <p>Add a second ball as soon as players look comfortable with one.</p>	 <a href="https://sportsedtv.co/3mfqQps">https://sportsedtv.co/3mfqQps</a>

Time	Activity	Activity Description	Video Tutorial
15 mins.	<b>One Versus One: Defending and Dribbling</b>	This drill helps both attackers and defenders practice a one versus one situation. If the defender steals the ball, they should then try to score on a goal behind the attacker.	 <a href="https://sportsedtv.co/3CV5HXw">https://sportsedtv.co/3CV5HXw</a>
30 mins.	<b>Eight Versus Eight: Restarts and Throw-Ins</b>	<p>Remind the players of the offsides rule in this eight versus eight game, and make sure it is followed in the game. This will prepare the players for the rule during the season. Also have players follow the standard restart rules.</p> <p>If players struggle with throw-in form, stop the game for five minutes to practice it. (See the video tutorial.) You can do this quickly by having pairs of players do throw-ins to each other (one ball per pair). Make sure to teach the rules of throw-ins as described in the video tutorial.</p> <p>Set up and practice goal kicks and corner kicks during the game too.</p>	 <p>This video tutorial teaches the throw-in:</p> <a href="https://sportsedtv.co/3skpR8y">https://sportsedtv.co/3skpR8y</a>
83 mins.	<b>Total Time</b>	<i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i>	



# Soccer Session 3



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 Ages: 13 to 14

**Coach:**

**Team:**

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**Practice Goals**



- Short volleys and ball control
  - One versus one defending and dribbling
  - Shooting
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Time	Activity	Activity Description	Video Tutorial
3 mins.	<b>Team Circle</b>	<p>Gather the team into a group near two cones about 10 feet apart.</p> <p>Identify three honesty situations to practice, and how the players would respond to a rule infraction such as a handball offense, tripping, or another rule infraction.</p> <p>First ask players how they would respond to each of the three violations, and then discuss how you would prefer them to respond.</p> <p><b>SAY:</b> "Being honest about a play during the game and in practice is an important part of the game. Good players are honest even when an official, coach, or opponent didn't see it happen."</p>	N/A
15 mins.	<b>Warm-Up: Volleys and Ball Control</b>	<p>This exercise will help players improve their first touch and ball control while getting their bodies warm and ready for practice. Make sure to include all the variations shown so players practice different types of control.</p>	 <a href="https://sportsedtv.co/2VQSw9H">https://sportsedtv.co/2VQSw9H</a>

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Time	Activity	Activity Description	Video Tutorial
5 mins.	Fitness: Overload	<p>Gather the team into a group.</p> <p><b>SAY:</b> "Who can tell me what overload means?"</p> <p>Listen to their responses.</p> <p><b>SAY:</b> "If your bodies do a little bit more work than they have done before, they will adapt and be able to do even more. We're talking about small amounts of work or activity—too much harms your body and causes injuries. Your fitness will improve, and you'll be able to do more activity in practice before getting too tired.</p> <p>"Let's use the acronym FIT. What do you think it stands for?"</p> <p>Listen to their responses.</p> <p><b>SAY:</b> "The letter <i>F</i> stands for <i>frequency</i>, or how often you practice the activity; <i>I</i> stands for <i>intensity</i>, or how hard you practice or play; and <i>T</i> stands for <i>time</i>, or how long you practice the activity. FIT is a good way to remember how to use the overload principle to improve our fitness."</p>	N/A

Time	Activity	Activity Description	Video Tutorial
<b>15</b> mins.	<b>One Versus One: Defending and Dribbling</b>	<p>First, introduce and teach how to defend a dribble. Players should approach the dribbler and stay low to the ground and on their toes, ready to move in either direction. They should not kick the ball too soon, but wait for the right moment to try to steal it. Remind players of the aspects mentioned in the video tutorial.</p> <p>Then move on to practice; follow the activity in the video tutorial.</p> <p>Two players stand across from each other in a small field of cones. One player will be the defender and one will be the attacker to start. The defender starts with the ball, and both have a goal (two cones) behind them. The defender passes to the attacker, then the attacker tries to dribble by them and into the goal, while the defender tries to stop them.</p> <p>After the pass, the defender runs to get close to the attacker quickly. From there, they slow down and pressure the dribbler by getting close to them and waiting for an opening to kick the ball away. If the defender steals the ball, they can try to score on the opposing goal.</p>	 <a href="https://sportsedtv.co/3CV5HXw">https://sportsedtv.co/3CV5HXw</a>
<b>20</b> mins.	<b>Shooting on Target</b>	<p>This activity will help players improve their shooting and reaction speed. Tell players about the importance of shooting very quickly in a game, since time is so limited around the opposing goal. As shown in the video tutorial, prioritize the speed of their reaction, first touch, and shot after your clap.</p>	 <a href="https://sportsedtv.co/3D2x962">https://sportsedtv.co/3D2x962</a>

Time	Activity	Activity Description	Video Tutorial
30 mins.	<b>Eight Versus Eight: Defending and Marking</b>	<p>The focus is on marking and defending in these eight versus games. The defense earns a point when a defender stays between the ball handler and the goal. The offense earns a point when the ball handler slips past the defender.</p> <p><b>SAY:</b> "Where is the best place for the defender to be to mark an opponent?"</p> <p>Players' correct response: "Between the opponent and the goal."</p> <p><b>SAY:</b> "Mark your opponent!"</p>	 <p>This is a separate video tutorial on one versus one defending:  <a href="https://sportsedtv.co/3iOSs2B">https://sportsedtv.co/3iOSs2B</a></p>
88 mins.	<b>Total Time</b>	<i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i>	



# Soccer Session 4



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 Ages: 13 to 14

**Coach:**

**Team:**



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**Practice Goals**


- Passing
  - Shielding
  - Playing
- 

Time	Activity	Activity Description	Video Tutorial
3 mins.	<b>Team Circle</b>	<p>Gather the team into a circle near two cones about 10 feet apart.</p> <p><b>SAY:</b> "What should you do if your opponents are committing fouls, complaining to the officials, and doing things that are not fair?"</p> <p>Listen to their responses.</p> <p><b>SAY:</b> "Stand at this cone if you should continue to play your game and not try to commit fouls. Stand at this cone if you should get back at the other team by playing the same way and complain to the officials."</p> <p>All players should choose a cone. Ask players why they voted the way they did. Have players at the "complaining" cone think of options other than complaining.</p> <p><b>SAY:</b> "You should not change the way you play your game or stop showing respect to your opponents or the officials. It's important to show respect even if the other team is not."</p>	N/A

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Time	Activity	Activity Description	Video Tutorial
15 mins.	<b>Warm-Up: Rondo</b>	This exercise will get players warm as they rehearse passing and defending techniques. It is a great way to start any practice.	 <a href="https://sportsedtv.co/3jXcrf8">https://sportsedtv.co/3jXcrf8</a>
5 mins.	<b>Fitness: Overload</b>	<p>Gather the team into a group.</p> <p><b>SAY:</b> "What does FIT stand for, and when do we use it?"</p> <p>Listen to their responses. Discuss frequency, intensity, and time.</p> <p><b>SAY:</b> "I want you to choose a letter from the word <i>FIT</i> and demonstrate it."</p> <p>As players give examples and demonstrate, encourage other players to try also. If <i>frequency</i> is chosen, increase repetitions. If they choose <i>intensity</i>, they need to try harder or faster. If they choose <i>time</i>, lengthen the amount. Encourage soccer-related activities such as running and kicking.</p> <p><b>SAY:</b> "You need to practice soccer skills and running outside of practice and participate in other physical activities and exercise. This will give your body enough workload to overload and improve your fitness levels and abilities."</p>	N/A
15 mins.	<b>Shielding</b>	In this activity, players learn to use their body to protect the ball. Demonstrate first, as the coach does in the video tutorial. From there, let the players rehearse the activity. Emphasize with players the need to stay low and use their forearm and body angled sideways to protect the ball. Shielding is very important for all positions.	 <a href="https://sportsedtv.co/37QHALz">https://sportsedtv.co/37QHALz</a>
20 mins.	<b>Six Versus Six: Passing</b>	Play six versus six games with a focus on passing and possession in a tight space. For every five consecutive passes a team makes, they get an extra point.	N/A

Time	Activity	Activity Description	Video Tutorial
<b>25</b> mins.	<b>Eight Versus Eight: Corner Kicks</b>	<p>Begin each play with a corner kick in these eight versus eight games. Scores off a corner kick are worth two points.</p> <p>Review the corner kick rules, and enforce offsides rules, throw-ins, and more.</p> <p>The team size can be adapted as needed; make larger teams for more comfortable players.</p>	 <p>This is a separate video tutorial on shooting:</p> <p><a href="https://sportsedtv.co/3k2r2pk">https://sportsedtv.co/3k2r2pk</a></p>
<b>83</b> mins.	<b>Total Time</b>	<p><i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i></p>	



# Soccer Session 5



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 Ages: 13 to 14

**Coach:**



**Team:**


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**Practice Goals**

- Passing
  - Dribbling
  - Shooting
- 

Time	Activity	Activity Description	Video Tutorial
<b>3</b> mins.	<b>Team Circle</b>	<p>Gather the team into a group.</p> <p><b>SAY:</b> "What should be on your mental list before you come to every practice?"</p> <p>Listen to responses. Then lead a discussion about bringing proper equipment (a water bottle, shin guards, uniform), being mentally prepared to work hard and learn new ideas, being well rested, and having eaten well and drank water during the day.</p> <p><b>SAY:</b> "Each player is responsible for preparing for each practice. It's your responsibility to the team to come to practice prepared. Good players are prepared for all practices and games."</p>	N/A
<b>15</b> mins.	<b>Warm-Up: Passing Circle</b>	<p>This activity helps players improve two-touch passing, keeping their head up, and communication. Make sure to stress that players call the name of the destination of their pass, as shown in the video tutorial.</p> <p>If players are comfortable, start with two balls instead of one (both drills are shown in video tutorial). If players aren't ready for two balls, keep it at one for the whole activity.</p>	 <a href="https://sportsedtv.co/3mfqQps">https://sportsedtv.co/3mfqQps</a>



Time	Activity	Activity Description	Video Tutorial
5 mins.	<b>Fitness:</b> <b>Flexibility</b>	<p>Gather the team into a group.</p> <p><b>SAY:</b> "It's important to stretch our muscles. What area of fitness does that improve? Right, flexibility. It's also important to stretch muscles that have been used the most in a sport or activity. In soccer, what do we use the most? Our legs. I am going to show you the proper way to stretch the different muscles in your legs."</p> <p>Choose stretches that include quadriceps (front of thigh), hamstrings (back of thigh), and calves and Achilles tendon (back of the lower leg and ankle). Remind players to get in position and hold their stretch without bouncing and that they shouldn't feel pain.</p>	N/A
15 mins.	<b>Dribbling:</b> <b>Rollouts</b>	<p>This activity helps players improve at dribbling, particularly using the soles of their feet to control the ball. The motion can be used to control the ball, change direction, and trick defenders. Have players practice going in both directions and end with a burst of speed.</p>	 <p><a href="https://sportsedtv.co/3yRikvT">https://sportsedtv.co/3yRikvT</a></p>
20 mins.	<b>Shooting</b>	<p>This shooting activity helps players learn how to create space with a dribble and snap a shot off.</p> <p>The initial fake must be sold well, and then the touch going the other way and the shot must be executed as fast as possible.</p> <p>Make sure players practice using both feet.</p>	 <p><a href="https://sportsedtv.co/3iWQayR">https://sportsedtv.co/3iWQayR</a></p>

Time	Activity	Activity Description	Video Tutorial
<b>30</b> mins.	<b>Eight Versus Eight: Passing and Limited Touches</b>	<p>Every player is limited to three touches in this eight versus eight game, and one player per team will only have one touch. If a player violates their touch limit, the ball goes to the other team. Make sure to alternate the player who only has one touch.</p> <p><b>SAY:</b> "When you are under pressure, do you have time to control the ball?"</p> <p>Players' correct response: "No"</p> <p><b>SAY:</b> "What should you do when the ball comes and you have no time?"</p> <p>Players' correct response: "Pass it immediately."</p> <p>Encourage players to communicate with their team as much as possible.</p>	 <p>This is a separate activity for players to work on one-touch passing:</p> <p><a href="https://sportsedtv.com/3iNHDOm">https://sportsedtv.com/3iNHDOm</a></p>
<b>88</b> mins.	<b>Total Time</b>	<p><i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i></p>	



# Soccer Session 6



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 Ages: 13 to 14

**Coach:**

**Team:**

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### Practice Goals


- Passing
  - Attacking
  - Defending corner kicks and defending versus two attackers
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Time	Activity	Activity Description	Video Tutorial
3 mins.	Team Circle	<p>Choose two players to role-play, with your assistance, a situation in which one player is dribbling the ball and passes to the other. The pass goes out-of-bounds, and the player receiving the pass gets upset and yells at their teammate.</p> <p><b>SAY:</b> "How would you feel if someone yelled at you for a bad pass?"</p> <p>Listen to their responses.</p> <p><b>SAY:</b> "What if you made a bad pass, but heard some encouraging words like 'It's OK, maybe next time?'"</p> <p>Listen to responses, and discuss comparisons.</p> <p><b>SAY:</b> "You show that you respect your teammates by not yelling at them for a mistake and by encouraging them to make a better play the next time they have a chance."</p>	N/A

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Time	Activity	Activity Description	Video Tutorial
15 mins.	<b>Warm-Up: Rondo</b>	This exercise will get players warm as they rehearse passing and defending techniques. It is a great way to start any practice.	 <a href="https://sportsedtv.co/3jXcrf8">https://sportsedtv.co/3jXcrf8</a>
5 mins.	<b>Fitness: Flexibility</b>	<p><b>SAY:</b> "Your muscles need to be stretched every day to prevent injuries. Lie down on your back with one leg up in the air.</p> <p>"Stretch your knee toward your face and hold it there for 10 counts. Now let's try the stretch again.</p> <p>"This time, hold the stretch for 15 counts and stretch your leg a bit farther. You should not stretch so far that you hurt yourself, lock your knee, or feel pain. Just stretch until you feel a gentle pull. Stretching helps prevent injuries and improves your flexibility, an important part of fitness."</p>	N/A
20 mins.	<b>Two Versus One: Defending</b>	<p>The purpose of this activity is to get defenders comfortable defending against two attackers. It is also good practice for the attackers in a two versus one situation.</p> <p>Copy the setup from the video tutorial, and emphasize the importance of the defender standing sideways and cutting off the passing lane.</p>	 <a href="https://sportsedtv.co/3m926iY">https://sportsedtv.co/3m926iY</a>
20 mins.	<b>Eight Versus Eight: Corner Kicks (Defense)</b>	<p>Use half the field to play eight versus eight, and begin each play with a corner kick. The defense scores a point each time the offense fails to score on the play.</p> <p><b>SAY:</b> "How can you prevent the opposition from scoring at corner kicks?"</p> <p>Players' correct response: "Mark them tightly."</p>	N/A

Time	Activity	Activity Description	Video Tutorial
25 mins.	<b>Eight Versus Eight: Marking</b>	<p>Make the focus of this eight versus eight game close marking by the team without the ball. Emphasize the right defensive stance, cutting off passing lanes, marking opponents closely, and communicating about who is marking whom from the other team.</p> <p><b>SAY:</b> "What do defenders need to do when their opponent gets the ball?"</p> <p>Players' correct response: "Tackle the opponent."</p>	 <p><a href="https://sportsedtv.co/3iOSs2B">https://sportsedtv.co/3iOSs2B</a></p>
88 mins.	<b>Total Time</b>	<p><i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i></p>	



# Soccer Session 7



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY


 Ages: 13 to 14

**Coach:**

**Team:**



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**Practice Goals**


- Two-touch passing
  - Passing and moving
  - Dribbling
- 

Time	Activity	Activity Description	Video Tutorial
3 mins.	<b>Team Circle</b>	<p>Divide the team into groups of three. Play a one versus one game with the other player being the referee.</p> <p>Play for one minute and rotate players so everyone gets a chance to referee.</p> <p><b>SAY:</b> "How did it feel to be the ref?"</p> <p>Discuss responses and the importance of showing respect.</p> <p><b>SAY:</b> "It can be difficult to be an official. It involves quite a few skills. Remember that it's a tough job, and always show respect for officials."</p>	N/A
10 mins.	<b>Warm-Up: Passing</b>	<p>This exercise will get players warm as they rehearse the one-touch passing technique. Players should focus on accurate passes that stay on the ground. If the passes are bouncing, the players are likely striking too low on the ball, leaning back too much when passing, or both.</p>	 <a href="https://sportsedtv.co/3INHDOm">https://sportsedtv.co/3INHDOm</a>

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Time	Activity	Activity Description	Video Tutorial
5 mins.	<b>Fitness:</b> <b>Flexibility</b>	<p>Gather the team into a group. Choose two players to demonstrate with one ball. Have the players pass to each other 10 times without telling them how hard or fast to pass.</p> <p>Then have them spread out farther. Direct them to kick as hard and as fast as they can 10 times, then come back to the group.</p> <p><b>SAY:</b> "Did everyone see how during the second time they kicked the ball harder and faster? When you do that, what area, or component, of fitness do you improve?"</p> <p>Listen to their responses.</p> <p><b>SAY:</b> "Muscular strength and endurance. When you kick harder, you are improving your strength; when you kick faster, you are improving your endurance."</p>	N/A
15 mins.	<b>Two-Touch Passing</b>	<p>This activity reinforces a player's ability to play with two touches and the habit of taking the first touch to set themselves up for the next pass. The farther apart the players are, the more difficult this will be; adjust as needed.</p>	 <p><a href="https://sportsedtv.co/3snm7Dx">https://sportsedtv.co/3snm7Dx</a></p>
25 mins.	<b>Group of Four: Passing and Support</b>	<p>Play three versus one games in 10-yard by 10-yard areas marked by cones.</p> <p>Players focus on providing good angles of support against cold, warm, and hot defenses, as necessary.</p> <p>Players learn that supporting players should move off the ball so the passer always has two passing options.</p> <p><b>SAY:</b></p> <ul style="list-style-type: none"> <li>• "Support the player with the ball."</li> <li>• "Move to open a passing lane!"</li> </ul>	 <p>This is a different exercise to practice passing, moving, and getting open:</p> <p><a href="https://sportsedtv.co/2VZm4Is">https://sportsedtv.co/2VZm4Is</a></p>

Time	Activity	Activity Description	Video Tutorial
30 mins.	<b>Eight Versus Eight: Dribbling Focus</b>	<p>Players attempt to beat their opponents with the dribble in these eight versus eight games. Instruct players not to bunch up; there should be space behind the defenders. The offense earns a point when a dribbler beats an opponent.</p> <p><b>SAY:</b> "When should you try to beat a defender with the ball?" (You may need to set this up: "Should you try it in this situation or that situation?")</p> <p>Players' correct response: "When there is space behind the defender."</p> <p><b>SAY:</b> "In what part of the field are you likely to find the most space?"</p> <p>Players' correct response: "Wide" (along the sides of the field).</p> <p><b>SAY:</b> How can you beat the defender most easily?</p> <p>Players' correct response: "Push the ball past the defender and run."</p>	 <p>This is a separate video tutorial on the Cruyff Turn, a dribbling skill:  <a href="https://sportsedtv.com/3CT1cNh">https://sportsedtv.com/3CT1cNh</a></p>
88 mins.	<b>Total Time</b>	<p><i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i></p>	



# Soccer Session 8



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

 Ages: 13 to 14

**Coach:**

**Team:**

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### Practice Goals

- Dribbling
  - Defending
  - New ways to change directions
- 

Time	Activity	Activity Description	Video Tutorial
3 mins.	Team Circle	<p>Divide the team into two groups.</p> <p><b>SAY:</b> "Think about professional teams. How do they show respect for their opponents?"</p> <p>Lead the discussion about saying positive comments such as "Good game" and "Nice play today" along with a handshake.</p> <p><b>SAY:</b> "Let's say this is the end of a game. Your two groups are professional teams that played against each other. Show me what you do at the end of the game."</p> <p>Use one of the discussion examples for players to try.</p> <p><b>SAY:</b> "When you say positive comments to your opponents at the end of a game in addition to shaking or slapping hands, it shows your respect for opponents. Good professional players show they respect opponents."</p>	N/A

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Time	Activity	Activity Description	Video Tutorial
10 mins.	<b>Warm-Up: Dribbling</b>	This dribbling warm-up allows players to warm their bodies and muscles while getting touches on the ball and improving their dribbling. Emphasize the points detailed in the video tutorial to ensure players have proper form.	 <a href="https://sportsedtv.co/3jW1z0Z">https://sportsedtv.co/3jW1z0Z</a>
5 mins.	<b>Fitness: Safety</b>	<p>Gather the team into a circle.</p> <p><b>SAY:</b> "I want everyone to run to the opposite goal and back. Before you go, describe how your lungs feel and how fast your breathing rate is. How tired is your body?"</p> <p>Listen to their responses.</p> <p><b>SAY:</b> "When you're done running, I'll ask you the same question and see if the answers are 'Faster' or 'Slower' or 'More tired than before.' Ready? Go!"</p> <p>Repeat the question, and discuss their responses.</p> <p><b>SAY:</b> "To strengthen your heart and lungs, you need to run so your heart beats faster and you breathe faster. You need to feel a little tired while running to improve your cardiorespiratory fitness. Checking how you feel while running tells you whether you are running fast enough to improve the strength of your lungs and heart."</p>	N/A
20 mins.	<b>Dribbling: Drag Back and Turn</b>	This activity helps players improve their ball control and learn different ways to change direction. Conduct the activity as shown in the video tutorial.	 <a href="https://sportsedtv.co/37KKZv9">https://sportsedtv.co/37KKZv9</a>
15 mins.	<b>One Versus One: Dribbling and Defense</b>	In this one versus one activity, one player starts with the ball and goes against an opponent to practice dribbling and defense. Both players have a goal behind them that their opponent tries to score in. Rotate which player starts with the ball.	 <a href="https://sportsedtv.co/3i0Ss2B">https://sportsedtv.co/3i0Ss2B</a>

Time	Activity	Activity Description	Video Tutorial
<b>35</b> mins.	<b>Eight Versus Eight</b>	<p>This is an open eight versus eight game that includes offsides rules and restarts.</p> <p>Encourage players to apply what they have learned during the season: passing and moving, staying spread out on offense, close marking on defense, dribbling when appropriate, and shooting when they have the opportunity.</p> <p>Encourage them to implement the dribble turns they learned earlier in the session.</p>	N/A
<b>88</b> mins.	<b>Total Time</b>	<i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i>	



# Soccer Session 9



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

 Ages: 13 to 14

Coach:

Team:



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**Practice Goals**


- Passing
  - Shooting
  - Match scenarios and playing
- 

Time	Activity	Activity Description	Video Tutorial
3 mins.	<b>Team Circle</b>	<p>Gather the team into a circle.</p> <p><b>SAY:</b> "I want everyone to count how many players we have in the circle."</p> <p>Wait while they count.</p> <p><b>SAY:</b> "How many total players did you count?"</p> <p>Listen to their responses.</p> <p><b>SAY:</b> "Well, that's good counting, but the real total is one. That's right. We're one team with many contributions from each player. Remember that there is no <i>I</i> in <i>team</i>. If we don't play together as one, we will not play our best.</p> <p>"To play together, we all have individual responsibilities to the team—working hard on defense and offense, following rules, and getting in good position on the field. Taking that responsibility seriously is an important attitude to bring to practice."</p>	N/A

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Time	Activity	Activity Description	Video Tutorial
15 mins.	<b>Warm-Up: Rondo</b>	This exercise will get players warm as they rehearse passing and defending techniques. It is a great way to start any practice.	 <a href="https://sportsedtv.co/3jXcrf8">https://sportsedtv.co/3jXcrf8</a>
5 mins.	<b>Fitness: Cardio-respiratory</b>	<p>Gather the team into a group. Explain that the players will run for two minutes with a partner without stopping.</p> <p><b>SAY:</b> "During our run, I want you to be able to run for the whole two minutes. Who remembers what a talk test is?"</p> <p>Listen to their responses.</p> <p><b>SAY:</b> "You can use a talk test to pace yourself so you don't run too fast and get too tired before the two minutes are up. Say the word <i>soccer</i> to your partner. If you can say it without being out of breath, keep the same pace; if you're out of breath, slow down a little. Now, start running."</p> <p>Time them for two minutes, and then gather the team as a group.</p> <p><b>SAY:</b> "Using a talk test helps you pace yourself. Pacing yourself when you run helps improve your cardiorespiratory fitness."</p>	N/A
15 mins.	<b>Shooting</b>	This shooting activity teaches players to aim faster and in response to their surroundings. This will improve their decision-making while shooting since they will be able to pick which area of the goal to aim for faster. You don't have to use the colors as shown; you could also simply call out "left" or "right."	 <a href="https://sportsedtv.co/2XBxiND">https://sportsedtv.co/2XBxiND</a>

Time	Activity	Activity Description	Video Tutorial
10 mins.	<b>Four Versus Four: Passing Focus</b>	<p>In these four versus four games, teams earn an extra point for four consecutive passes.</p> <p>Focus on keeping possession of the ball by effective passing, ball control, and support play. Players will learn to provide support to their teammates with the ball during full-game play.</p> <p><b>SAY:</b> "Other than good passing and receiving skills, what else does the passer of the ball need?"</p> <p>Players' correct response: "Someone to pass to, supporting teammates."</p> <p><b>SAY:</b> "Where should supporting teammates be?"</p> <p>Players' correct response: "In open space."</p> <p><b>SAY:</b> "Any open space?"</p> <p>Players' correct response: "A space in which the passer can get the ball to them."</p>	 <p>This is a separate video tutorial to practice passing and moving:  <a href="https://sportsedtv.co/3mfqQps">https://sportsedtv.co/3mfqQps</a></p>
40 mins.	<b>Eight Versus Eight: Fun!</b>	<p>After a short break, the players play eight versus eight. This time, moderate the coaching. Comment on any notable moments, give some positive reinforcement, and let the players play and enjoy.</p>	N/A
88 mins.	<b>Total Time</b>	<p><i>Practice times vary by YMCA. If your Y has a shorter practice time, assign or encourage players to complete activities outside of practice time.</i></p>	

