



EMSA SOCCER LINKS FOR AT HOME SKILL AND PHYSICAL DEVELOPMENT

Coaches: Here is a link to some online drills players can do to have many touches on the ball and increase their physical endurance.

Steps to a successful online training session:

1. Create a zoom or google or any account and share it with the players parents
2. Parents download the app and the link and have their child use a phone, computer, Chromebook
3. Players are to put the device in an area that can show the coach what they are doing and they can hear and see the device for instructions. Horizontal position for phones is the best for coaches to see. Make sure that players have enough space for the activity.
4. Coaches you can Present the clip to the players and then have them work on the specific drill.
5. Coaches give lots of feedback to players
6. Play some music ask for requests (listen to them first as many songs have inappropriate messaging)
7. Have challenges (how many in a minute jumping jacks, planks, sit ups Etc)
8. You can send a link of a move or activity and have them practice it before the session
9. Session should be 45 minutes to an hour and a half depending on age. 1-3 times per week.
10. Get feedback from players (likes, dislikes how tired or sore they were?) This will allow you to better plan for the next session.

U7-and up

<https://www.youtube.com/watch?v=cc-7WsPVTgo>

https://www.youtube.com/watch?v=X9f_c6LHoTI

<https://www.youtube.com/watch?v=2N5cWphNgiE>

U11- and Up

<https://www.youtube.com/watch?v=2N5cWphNgiE>

<https://www.youtube.com/watch?v=rWRJQF6auto>

U13 and Up

<https://www.youtube.com/watch?v=g4KCpzTkHto>

<https://www.youtube.com/watch?v=dqcrsS9Uelc>

Indiana Soccer link:

- One Cone Exercises:
 - [V Inside](#)
 - [V Outside](#)
 - [One Cone - Push & Pull](#)
 - [V then Box](#)
 - [Crossover Push](#)

- 2 Cone Exercises (cones are 1 big step apart)
 - [Box Step w/ 2 Cones](#)
 - [Cross Back](#)

- 2 Cone Exercises (cones are 7 big steps apart)
 - [Right Foot Only - Figure 8](#)
 - [Left Foot Only - Figure 8](#)
 - [Helicopter Turn](#)
 - [Fake Shot - Pull](#)

- 10 Cone Exercises (cones are 1 big step apart)
 - [Right Foot Only then we'll do Left Foot Only](#)
 - [Inside - Outside of the Foot](#)
 - [Roll & Push](#)
 - [The Smiley Face](#)
 - [Box Step](#) w/10 cones
 - [V Step](#)

- Outside V Step

Trick - Pick one of the Tricks to work on:

- Trick Videos

Fitness and Agility YouTube clips

<https://www.youtube.com/watch?v=2N5cWphNgiE>

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

<https://www.youtube.com/watch?v=Mvo2snJGhtM>

<https://www.youtube.com/watch?v=0LIT7MSKJBc>

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

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

<https://www.youtube.com/watch?v=DMHKgiZHZqM&t=312s>

<https://www.youtube.com/watch?v=WL5SpBnggt0>

<https://www.youtube.com/watch?v=rULLHE41UtM&list=RDQ9cnrvL4Apc&index=11>

<https://www.youtube.com/watch?v=0CbKr9jR2Nk>

Articles:

<https://vocal.media/cleats/10-soccer-drills-you-can-practice-at-home>