



U11-U12 CYA Weekly PRO Practice

Weekly Individual At-Home Player Program



Each week players who want to work on their own can follow the CYA Weekly PRO Practice. The PRO Practice has three components:

Pactice

Reflect

Observe

- The **Practice** portion of the PRO Practice will be an age appropriate skill that can be practiced at home in the backyard, open room, garage, etc. incorporating dribbling, shooting, moves, and so on. Players doing this work on their own outside of their team and academy sessions they are missing due to the coronavirus will make a significant difference in a player's overall skill development during these trying times. We want to encourage players to do this work on their own as it will also help enhance their fundamental skills as players while also staying busy!
- The **Reflect** portion of the PRO Practice will ask the players to review the work they did during the activities outlined for that day. An example would be that they can talk about/reflect on a component of the activity they feel they did very well. Also, we may ask them to reflect on a game they remember, where they can identify an area they feel they need to work on based on that memory. Finally, it could be a general question about the game. Getting players to evaluate themselves can help broaden their game intelligence, and make them smarter players.
- The **Observe** portion of the PRO Practice will provide the players to watch a video (or videos) on YouTube. They will either be highlights for a specific skill, highlights from a recent game, or even a portion of a very competitive game. Watching the game and learning from observations is vital to the success and development of a growing player.

U11-U12 WEEK 3 WORKOUT BELOW



U11-U12 CYA Weekly PRO Practice

Weekly Individual At-Home Player Program



Monday - Week 3 - Practice Activity 1:

ACTIVITY OBJECTIVE

Italy Juggling drill

EQUIPMENT

Ball and a partner

SET-UP

You and a partner starting 5 steps away with the partner tossing the ball to the designated areas

ACTIVITY PROCEDURE & PROGRESSION

A partner will toss the ball to the player to complete different juggling patterns (for example: Left thigh to Right laces) from which the player will kick the ball back gently to the partners hands.

10 x right thigh to right laces

10 x left thigh to left laces

10 x left thigh to right laces

10 x right thigh to left laces

20 x chest to thigh to laces (any side but make sure to mix it up)

10 x right thigh to left laces to right laces

10 x left thigh to right laces to left laces



U11-U12 CYA Weekly **PRO** Practice

Weekly Individual At-Home Player Program



Monday - Week 3 - Practice Activity 2:

ACTIVITY OBJECTIVE

Brazilian Toe Taps

EQUIPMENT

Soccer Ball

SET-UP

Find an open area no smaller than 5 feet wide and put the ball down in the middle of the space, then stand directly behind it

ACTIVITY PROCEDURE & PROGRESSION

Begin at a slow pace to become familiar with the necessary movements for 3 minutes. Take a 1-minute break and then begin drill at 50% speed for 3 minutes. Take a 1-minute break and then begin drill at 75% speed for 3 minutes. Take a 1-minute break and then begin drill at 100% speed for 3 minutes. Repeat exercise 2 more times beginning at 50% speed

20 x chest to thigh to laces (any side but make sure to mix it up)

10 x right thigh to left laces to right laces

10 x left thigh to right laces to left laces

[Brazilian Toe Taps](#)
[Soccer Dance Ball](#)
[Control / Touch](#)
[Drill | IMPROVE](#)
[YOUR WEAKER](#)
[FOOT IN SOCCER](#)



(https://www.youtube.com/watch?v=I8r_5qW9j1c)



U11-U12 CYA Weekly PRO Practice

Weekly Individual At-Home Player Program



Monday - Week 3 – Reflection:

Why should you bring the ball down rather than wait for it to settle on its own during a game?

Think about situations where keepers, defenders, midfielders, and forwards would need good ball control.

Monday - Week 3 – Observation:

Legendary Ball Controls

(<https://www.youtube.com/watch?v=xn4ZeV87BWM>)



U11-U12 CYA Weekly **PRO** Practice

Weekly Individual At-Home Player Program



Tuesday - Week 3 - Activity 1:

ACTIVITY OBJECTIVE

Figure 8- Start Video at minute 1:29 for exercise please watch entire video

EQUIPMENT

A Ball 2 cones or 2 cups or 2 rolled up shirts

SET-UP

Separate cones, shirts, cups about 4 to 5 yards start from the first cone

ACTIVITY PROCEDURE & PROGRESSION

Figure 8 drills:

Dribble with right foot only through cones and around last cone for 60 seconds

Dribble with left foot only through cones and around last cone for 60 seconds

Dribble with outside of right foot only through cones and around last cone for 60 seconds

Dribble with outside of the left foot only through cones and around last cone for 60 seconds

Dribble all parts of foot and do a scissor motion before last cone for 60 seconds

7.) Roll Move (3 markers, 5 yards apart) END VIDEO

How to Improve your Dribbling Skills with "The Figure 8 Soccer Drill"

(https://www.youtube.com/watch?v=_gOORygHILE)





U11-U12 CYA Weekly **PRO** Practice

Weekly Individual At-Home Player Program



Tuesday - Week 3 - Activity 2:

ACTIVITY OBJECTIVE

Juggling Master- Watch Video at 1:18 but still watch the whole video

EQUIPMENT

You and a ball

SET-UP

Start with the ball in your hand and drop to your foot as you get better try not to use your hand

ACTIVITY PROCEDURE & PROGRESSION

- Drop the ball and try to juggle with your right foot only for 60 seconds
- Drop the ball and try to juggle with your left foot only for 60 seconds
- Drop the ball and try to juggle with both feet for only 60 seconds
- Drop the ball and try to juggle with right knee only 60 seconds
- Drop the ball and try to juggle left knee feet for only 60 seconds
- Drop the ball and try to juggle both knees feet for only 60 seconds
- Drop the ball and try to juggle all parts body but your hands for only 60 seconds



Juggling a Soccer Ball for Beginners | Training

(<https://www.youtube.com/watch?v=Txr2YQzsLDU&feature=youtu.be>)



U11-U12 CYA Weekly PRO Practice
Weekly Individual At-Home Player Program



Tuesday - Week 3 – Reflection:

What body can I adjust to keep better control of the ball to my foot?

How can I improve my juggling each time?

Tuesday - Week 3 – Observation:

Most Amazing Long Shot Goals In Football 2019 | HD

(<https://www.youtube.com/watch?v=adA9V8UndKg&feature=youtu.be>)



U11-U12 CYA Weekly **PRO** Practice

Weekly Individual At-Home Player Program



Wednesday - Week 3 - Practice Activity 1:

ACTIVITY OBJECTIVE

Fast Footwork

EQUIPMENT

4-disc cones or markers (socks, water bottles, shoes, shirts, etc.)

SET-UP

Player should create a 2x2 yard box

ACTIVITY PROCEDURE & PROGRESSION

Fast Footwork Skills 1-9 in video; 60 second on, 30 seconds rest

1. Foundation Touches
2. Ball Taps
3. Forward/Backward Rolls
4. Right/Left Rolls
5. Brazilian Rolls3. Forward/Backward Rolls
6. Straight Line V-taps
7. Single Leg V-Taps
8. Double V-taps
9. Double V- taps Outside

Full Soccer Training in a Tiny Box

(<https://www.youtube.com/watch?v=CgsymJy0RJk&feature=youtu.be>)



U11-U12 CYA Weekly **PRO** Practice

Weekly Individual At-Home Player Program



Wednesday - Week 3 - Practice Activity 2:

ACTIVITY OBJECTIVE

Fast Footwork

EQUIPMENT

4-disc cones or markers (socks, water bottles, shoes, shirts, etc.)

SET-UP

U9-U10 players should create a 2x2 yard box

ACTIVITY PROCEDURE & PROGRESSION

Fast Footwork Skills 15-10 in video; 60 second on, 30 seconds rest (Skip #s 10-14 on video)

15. Pull Back taps/V
16. Foundation Touches Bell Taps/Clocks
17. Toe Taps Clock
18. Inside/Outside
19. Back in Forth Cuts (freestyle)
20. Freestyle Dribbling

Wednesday - Week 3 – Reflection:

What footskill was the most difficult to keep inside the box?

Did you struggle with any of these fast footwork drills? If so, try and slow them down until you are able to do them quickly. Remember quality vs quantity!

Wednesday - Week 3 – Observation:

[10-Year-Old Soccer SENSATION | Next Lionel Messi?](https://www.youtube.com/watch?v=i68Usm4mCSg)

(<https://www.youtube.com/watch?v=i68Usm4mCSg>)



U11-U12 CYA Weekly **PRO** Practice

Weekly Individual At-Home Player Program



Thursday - Week 3 - Activity 1:

ACTIVITY OBJECTIVE

Dribbling box drill

EQUIPMENT

- 4 cones, shoes, socks, or water bottles
- Ball
- Timer

SET-UP

2 ft x 2 ft grid

ACTIVITY PROCEDURE & PROGRESSION

4 x 30 sec of each:

1. Push-Roll-Pull-Inside Cut
2. Push-Pull-Outside Foot-Inside Cut
3. Push-Pull-Inside Foot-Pull
4. Challenge: U's-Behind the Foot U's

Angelina's Dribbling Box Drill

(<https://www.youtube.com/watch?v=gMAtaN9icDk&feature=youtu.be>)



U11-U12 CYA Weekly **PRO** Practice

Weekly Individual At-Home Player Program



Thursday - Week 3 - Activity 2:

ACTIVITY OBJECTIVE

Soccer footskills tabatas - dribbling control, pull-push moves

EQUIPMENT

- Soccer ball
- 4 cones, water bottles, socks, or shoes (not absolutely necessary)
- Paper, pen or pencil
- 2 timers

SET-UP

3 x 3-yard grid

ACTIVITY PROCEDURE & PROGRESSION

Staying in the center of the box, do the first exercise for 20 seconds. **KEEP TRACK OF HOW MANY TIMES YOU ARE ABLE TO PERFORM THE MOVE WITHOUT LEAVING THE BOX.** At the end of 20 seconds, **QUICKLY RECORD YOUR SCORE**, and rest for 10 seconds. Repeat, but use the second exercise. Complete 4 rounds of Group 1 moves, **REST FOR 30 SECONDS**, then go on to the next group of moves.

Group 1:

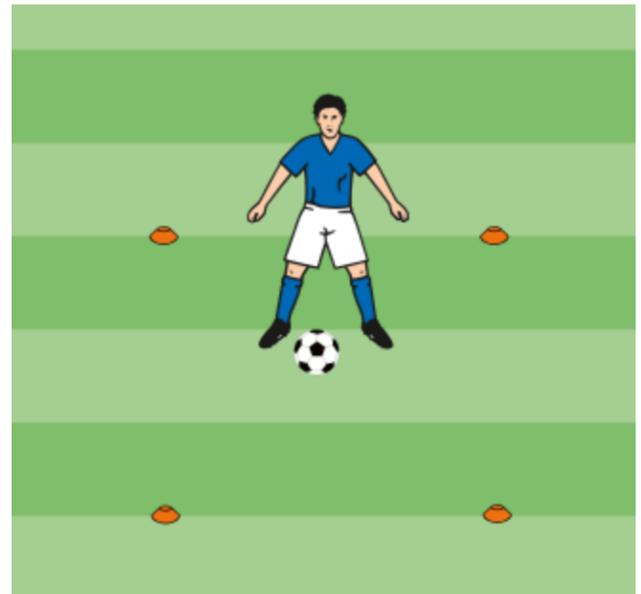
- Pull-Push forward (with right foot, then left foot, alternating each time)
- V-drag #1 (Pull-Push with the outside of the right foot, then left foot, alternating each time)

Group 2:

- V-drag #2 (Pull-Push to the outside with the inside of the right foot, then left foot, alternating each time)
- V-drag #3 (Pull with one foot, then Push with outside of opposite foot)

Group 3:

- L-drag (Pull & Push with the inside of right foot behind your standing leg, repeat with left foot, alternate each time)
- Mix of all from Thursday Week 1 and today





U11-U12 CYA Weekly PRO Practice
Weekly Individual At-Home Player Program



Thursday - Week 3 – Reflection:

When in the game could you use these types of moves?

Can you put your own creative spin to any of these moves?

Thursday - Week 3 – Observation:

Most Humiliating Skills in Football

(<https://www.youtube.com/watch?v=cQ02MJGkraY&feature=youtu.be>)



U11-U12 CYA Weekly **PRO** Practice

Weekly Individual At-Home Player Program



Friday - Week 3 - Practice Activity 1:

PRACTICE 1 ACTIVITY

Full Body Exercise

EQUIPMENT

None

SET-UP

a good 5 x 5 yd. space

ACTIVITY PROCEDURE & PROGRESSION

Follow video and focus on effectively executing the exercises. go step by step.

If the exercise is hard, then try a little and do more each other day to find proficiency.

[Ultimate 20 Minute Full Body Workout for Kids](https://www.youtube.com/watch?v=WmGjxU3Ggko)

(<https://www.youtube.com/watch?v=WmGjxU3Ggko>)





U11-U12 CYA Weekly **PRO** Practice

Weekly Individual At-Home Player Program



Friday - Week 3 - Practice Activity 2:

ACTIVITY OBJECTIVE

Aerobic exercise

EQUIPMENT

4 cones/bottles/markers of any kind

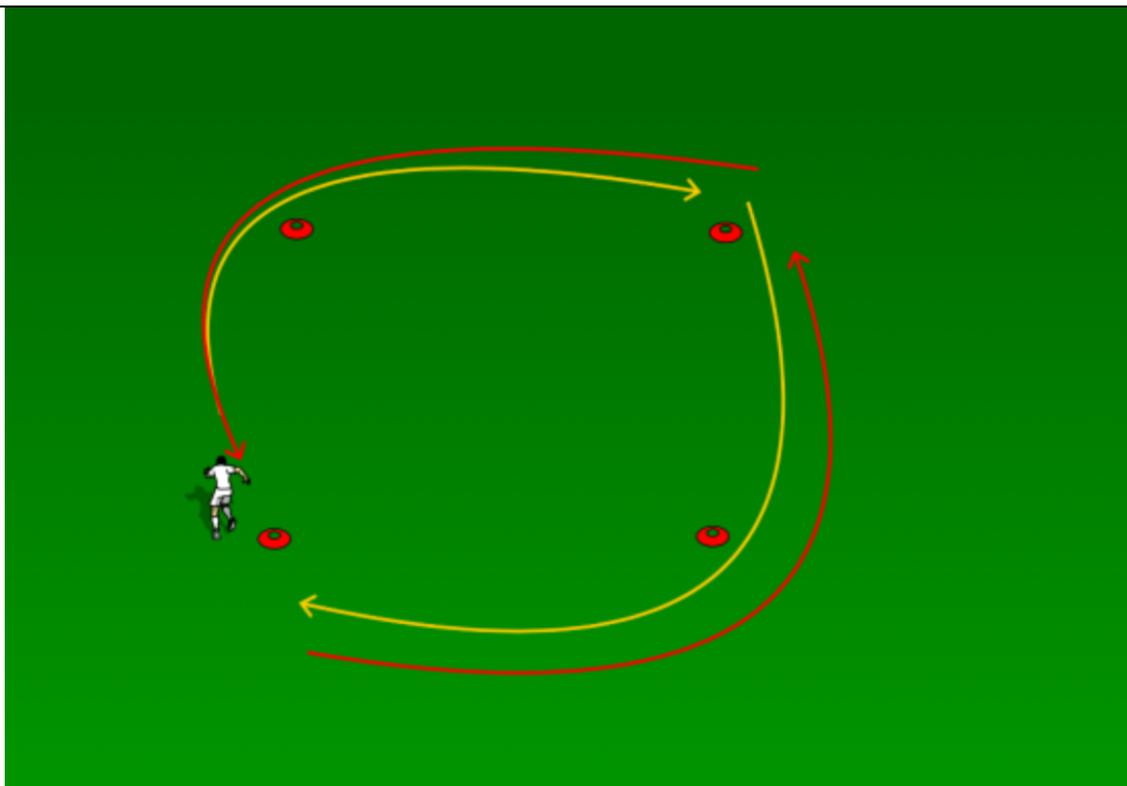
SET-UP

4 cone box 6 or 8 yds. apart

ACTIVITY PROCEDURE & PROGRESSION

Exercise Clockwise for 2 reps, and counterclockwise for 2 reps for a total of 4 reps. Do a set of 2.

1. Jogging
2. Back - peddling
3. Sprinting
4. side-running
5. karaoke run
6. one legged hop full lap
7. crabwalk
8. bear crawl





U11-U12 CYA Weekly PRO Practice
Weekly Individual At-Home Player Program



Friday - Week 3 – Reflection:

Do you feel your body was strong enough in the exercises?

Do you think you can add some of these exercises to strengthen yourself for the season and for a long time?

Friday - Week 3 – Observation:

[Lucas Torreira - The Ultimate Defensive Midfielder](https://www.youtube.com/watch?v=U5vAgXM4cz0)

(<https://www.youtube.com/watch?v=U5vAgXM4cz0>)