



U13-U14 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.

U13-U14 WEEK 2 WORKOUT BELOW



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Monday - Week 2 - Practice Activity 1:

ACTIVITY OBJECTIVE

Body Weight Exercises

EQUIPMENT

NONE

SET-UP

NONE

ACTIVITY PROCEDURE & PROGRESSION

Squats x 15 | Wall Push-ups x 20 | Stationary Lunges x 10 each leg | (Repeat 3 times - Take 60 second break between each set)

Squats : <https://www.youtube.com/watch?v=aclHkVaku9U>

Wall Push-ups : <https://www.youtube.com/watch?v=YB0egDzsu18>

Stationary Lunges : <https://www.youtube.com/watch?v=QOVaHwm-Q6U>

Monday - Week 2 - Practice Activity 2:

ACTIVITY OBJECTIVE

Core Exercises (Abs)

EQUIPMENT

NONE

SET-UP

NONE

ACTIVITY PROCEDURE & PROGRESSION

Leg Raises x 12 | Crunches x 25 | Level 1 Supermans x 12 (Each side) | (Repeat 3 times - 30 second rest between each set)

Leg Raises : <https://www.youtube.com/watch?v=JB2oyawG9KI>

Crunches : https://www.youtube.com/watch?v=Xyd_fa5zoEU

Level 1 Supermans : <https://www.youtube.com/watch?v=cc6UVR57PW4>



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Monday - Week 2 – Reflection:

Was your head up and looking straight forward during the Squats?

Did you keep your legs straight during the entirety of leg raises?

Monday - Week 2 – Observation:

[Watch Every Goal Scored in a Champions League Final \(1993-2018\)](#)



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Tuesday - Week 2 - Activity 1:

ACTIVITY OBJECTIVE

Dribbling / Ball Skills.

EQUIPMENT

Any 8 items available. Can be cones, cans, shirts, toys etc.

SET-UP

To be done in the basement, living room, back yard or any open space available. Does not have to be done at a soccer field.

ACTIVITY PROCEDURE & PROGRESSION

We have 3 separate drills.

- 1). use 2 items.
- 2). Use 8 items.
- 3). Use 5 items. | Work on dribbling and ball skills, have fun mastering the ball, playing between the 2 items. Each drill should be done for 15 minutes.

<https://youtu.be/VsVzIXU3u9k>



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Tuesday - Week 2 - Activity 2:

ACTIVITY OBJECTIVE

Soccer Mines

EQUIPMENT

5-6 cones or toys or shirts. Any items you have around the house to replicate cones.

SET-UP

Set up a zig-zag pattern with the items.

ACTIVITY PROCEDURE & PROGRESSION

Dribble and keep control passing the items (mines). Last activity to be done without shooting at the end of the drill, zig zag dribbling with as many cuts as possible. Have fun dribbling and using as many skill-moves, or cuts as you want.

Tuesday - Week 2 – Reflection:

How fast should I dribble and how often should I use skill moves?

How can I make the drill as close to a game situation? How fast can it be? What level of focus do I need?

Tuesday - Week 2 – Observation:

[HOW TO INSTANTLY IMPROVE YOUR DRIBBLING SKILLS](#)



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Wednesday - Week 2 - Practice Activity 1:

ACTIVITY OBJECTIVE

Juggling

EQUIPMENT

Tennis ball, size 1 ball, size 4 or 5 ball, any other object that can be used to juggle.

SET-UP

A 10X10 feet open area (back yard, living room, field)

ACTIVITY PROCEDURE & PROGRESSION

Juggling (total work time 60 minutes):

- Warm up (jumping jacks, open gate, close gate, high knees, high heels). 5 min
- **Juggling both feet:**
 - o With tennis ball or the smallest object you have. Juggle for 5 minutes
 - o Repeat with size 1 and size 4 or 5, 5 minutes
- **Juggling one foot (strong foot, then weak foot):**
 - o With tennis ball or the smallest object you have. Juggle for 3 minutes each foot.
 - o Repeat with size 1 and size 4 or 5, 3 minutes each foot.
- **Juggling with both thighs:**
 - o With tennis ball or the smallest object you have. Juggle for 5 minutes
 - o Repeat with size 1 and size 4 or 5, 5 minutes.
- **Juggling with head:**
 - With size 4 or 5 only. Juggle for 5 minutes.



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Wednesday - Week 2 - Practice Activity 2:

ACTIVITY OBJECTIVE

Ball Control

EQUIPMENT

4 cones, a wall or a parent/sibling and size 1 ball and a size 4 or 5 ball.

SET-UP

4 cones 4X4 feet box. 10 feet away from wall/parent/sibling. Player will be standing inside the box, receiving the ball from wall bounce or the parent/sibling standing 10 feet away.

ACTIVITY PROCEDURE & PROGRESSION

Ball Control (Total time 30 min) use size 1 or 5 or both.

Note: If using the wall, player will pass the ball to wall and use the reflected ball as source/pass.

- **Control the ball inside the box:**

- o Receive the ball and control it inside the box and pass it back. Alternate feet. **5 min**

- **Control out of the box Using the inside of the foot:**

- o Receive the ball and control it out of the box (right foot toward left side of the box and left foot toward right side of the box) **5 min.**

- **Control out of the box Using the outside of the foot:**

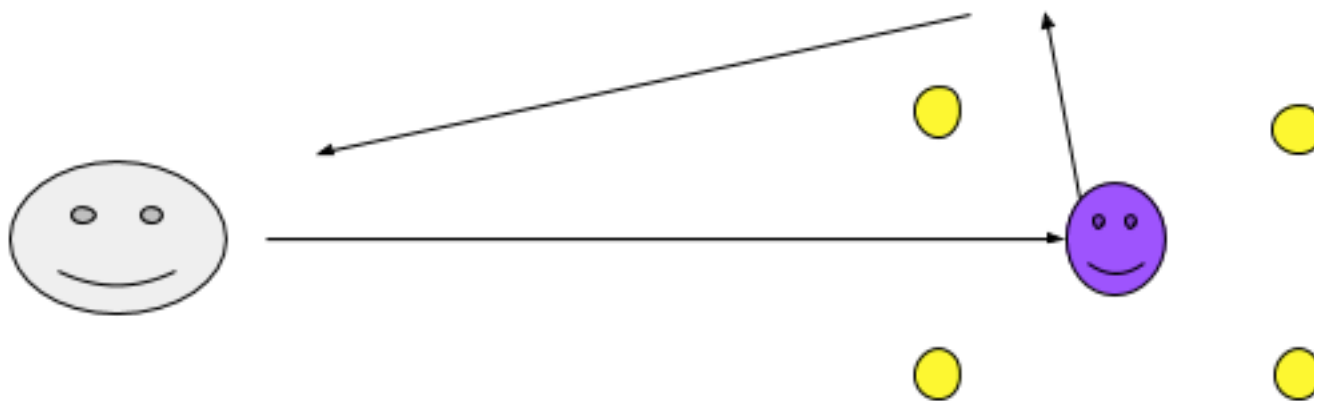
- o Receive the ball and control it out of the box (right foot toward right side of the box and left foot toward left side of the box). **5 min**

- Repeat receiving with inside and outside of the foot from outside of the box toward inside of the box. **10 min.**

- **Control with chest (if you have someone to throw the ball to you):**

- o Control the ball with chest and bring the ball down to feet and pass it back. **5 min.**

Be sure to take water breaks as needed. Have fun.





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Wednesday - Week 2 – Reflection:

What size ball is more challenging to work with? Is it helping to work with different sizes?

How can I improve what did not work well for me?

Wednesday - Week 2 – Observation:

[Soccer/Football Juggling Tutorial - The Basics for Kids & Beginners](#)



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Thursday - Week 2 - Activity 1:

ACTIVITY OBJECTIVE

Agility series

EQUIPMENT

Ladder or cones or any object to mark 1 yd spaces

SET-UP

Set ladder in open space (backyard, field, tennis court); If using cones or objects, set 8 cones in a straight line 1 yd apart (1 yd=1 big step)

ACTIVITY PROCEDURE & PROGRESSION

Working on coordination and quick feet, this drill is a series of movements to complete through the ladder or cones; The movements are as follows: 1.) Two foot forward 2.) Two foot sideways 3.) Icky-shuffle 4.) Backwards icky-shuffle 5.) In & out 6.) Single Leg in & out 7.) Lateral in & out 8.) Cross-over; Do each movement 6 times through- 45 seconds rest between each movement set of 6 repetitions. Each movement through the ladder should be full effort and high intensity.

<https://www.youtube.com/watch?v=tMY5Cj39xN8&feature=youtu.be>



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Thursday - Week 2 - Activity 2:

ACTIVITY OBJECTIVE

Conditioning- 6 second interval sets

EQUIPMENT

Watch, phone, or stopwatch (something to keep time). If you do not have access to these, you can count in your head.

SET-UP

No set-up required. Must be in large open space, preferably a field but also can do it in your neighborhood.

ACTIVITY PROCEDURE & PROGRESSION

To build conditioning for soccer, you will complete 6 second intervals of both sprinting and jogging. You will sprint for 6 seconds, then immediately jog for 6 seconds. This will repeat for 10 repetitions for a total of 2 minutes. There is no stopping for the entire 2 minutes; the jog is your active rest. After each set, rest for 3 minutes. Complete 3 sets total. For a fun challenge, do the same conditioning drill but with the ball at your feet for the 3rd set.

https://www.youtube.com/watch?v=Ky_1tRwadCs

Thursday - Week 2 – Reflection:

Why is agility so important for soccer players? Which movement was the most difficult to complete?

How did you feel your control of the ball was affected when you were getting fatigued during the interval conditioning?

Thursday - Week 2 – Observation:

[Top 5 Agility Drills For Fast Feet | Every Football Player Should Know](#)



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Friday - Week 2 - Practice Activity 1:

PRACTICE 1 ACTIVITY

Box to Box Sprints (Without Ball)

EQUIPMENT

Cleats, 9v9 field

EQUIPMENT

Find a small space and lay mat/towel down or just use a carpeted surface

SET-UP

None required, use lines on field

ACTIVITY PROCEDURE & PROGRESSION

Start at one end of the field at the top of the 18yd box, sprint down to the top of the other 18yd box. Once getting there, walk down to the endline and back (this is part of your rest). Allow 20-30secs. of rest in between each sprint. Set a time to beat for yourself to get from one box to the other (12-16secs). Repeat 8-10 times. Watch the clip - only difference is we are resting in between and not going down and back.

https://www.youtube.com/watch?v=uo9u_sW7DnM



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Friday - Week 2 - Practice Activity 2:

ACTIVITY OBJECTIVE

T-Drill Agility (With Ball)

EQUIPMENT

4 cones, ball, cleats

SET-UP

Set the cones up like the letter "T." First cone is the bottom of the T, second cone would be the top middle of the T (about 10yds vertical from the first cone). Third and fourth cones go 5-10yds horizontal on each side from the second cone, creating the T.

ACTIVITY PROCEDURE & PROGRESSION

Starting at cone #1 (bottom of the T), attack the left side of cone #2 (top middle) stay tight to the cone, turning towards cone #3 (top right of the T). From there, attack the left side of cone #3 at speed and turn, making a complete U-turn to turn and face cone #4 on the opposite side. Once turned, attack cone #4 (staying on the left side of cone #2) and complete another U-turn around cone #4 to face cone #2. Final step is attacking cone #2 with speed, staying to the left side and making a tight turn back to cone #1 to finish where you started. Repeat going both ways.

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T-Cone Dribbling Drill



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Friday - Week 2 – Reflection:

How do box-to-box sprints translate to game situations?

When turning tight to the cone, what part of your foot did you use? Inside or outside? What does this drill help us with? Time yourself and see if you can beat your own score.

Friday - Week 1 – Observation:

[Cristiano Ronaldo Never Stops: Individual Training](#)



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EXTRA!!!

TEAM BONUS – SOCIAL MEDIA COMPETITION!

ACTIVITY

Hot Potato challenge

EQUIPMENT

This is an individual activity which will appear as team working together.
THE BEST VIDEO WILL BE POSTED ON THE CYA SOCIAL MEDIA

EQUIPMENT

A Soccer ball

SET-UP

A person who can link several small videos to one stream and connect all individuals

ACTIVITY PROCEDURE & PROGRESSION

Every player is going to juggle a couple of times, then pass the ball to your left, USE COOL JUGGLE FREE STYLEand connect all videos. see example

https://drive.google.com/open?id=1flh_AqM40eQ2qP9J6053nYwpcnjL04zw