



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 3 WORKOUT BELOW



U13-U14 CYA Weekly **PRO** Practice

Weekly Individual At-Home Player Program



Monday - Week 3 - Practice Activity 1:

ACTIVITY OBJECTIVE

Body Weight Exercises

EQUIPMENT

None

SET-UP

None

ACTIVITY PROCEDURE & PROGRESSION

Calf Raises x 15 | Level 1 Push-ups x 10 | Alternate Forward Lunges x 10 each leg | (Repeat 3 times - Take 60 second break between each set)

Calf Raises: <https://www.youtube.com/watch?v=-M4-G8p8fmc>

Level 1 (Beginner) Push-ups: <https://www.youtube.com/watch?v=AhdtoWFDKt0>

Alternating Forward Lunges: https://www.youtube.com/watch?v=QE_hU8XX48I



U13-U14 CYA Weekly **PRO** Practice

Weekly Individual At-Home Player Program



Monday - Week 3 - Practice Activity 2:

ACTIVITY OBJECTIVE

Core Exercises (Abs)

EQUIPMENT

None

SET-UP

None

ACTIVITY PROCEDURE & PROGRESSION

Suitcases x 15 | Side Crunches x 10 | Front Plank (30 Seconds) | (Repeat 3 times - 30 second rest between each set)

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

Side Crunches: https://www.youtube.com/watch?v=LlzoVGu88_o

Front Plank (Skip to 45 seconds): https://www.youtube.com/watch?v=ASdvN_XEI_c



U13-U14 CYA Weekly **PRO** Practice

Weekly Individual At-Home Player Program



Monday - Week 3 – Reflection:

Did you drop your hips straight down when doing lunges? Did you make sure your knee did not go over toe?

Did you keep your back straight during the front plank?

Monday - Week 3 – Observation:

[FIFA Women's World Cup France 2019 ● All Goals](https://www.youtube.com/watch?v=m9acUQTCsyo)

(<https://www.youtube.com/watch?v=m9acUQTCsyo>)



U13-U14 CYA Weekly PRO Practice

Weekly Individual At-Home Player Program



Tuesday - Week 3 - Activity 1:

ACTIVITY OBJECTIVE

Dribbling/ Ball skills / Ball Mastery

EQUIPMENT

One ball/ any size. I encourage you to use size 3 and alternate Few cones/bottles of water

SET-UP

No need for a set-up, just a small area

ACTIVITY PROCEDURE & PROGRESSION

You have 30 small skills to do, follow the video
45 second each skill/ rest 15 seconds Do 3 series of all 30 skills / rest 2-3 minutes between series/ active juggling

[Ball Mastery | Coerver Coaching & Soccer Drills](#)
[HOMEWORK Part 1 - 30 *GREAT* drills for Ball](#)
[Control](#)

(<https://www.youtube.com/watch?v=leMYh7roBjk&feature=youtu.be>)



U13-U14 CYA Weekly **PRO** Practice

Weekly Individual At-Home Player Program



Tuesday - Week 3 - Activity 2:

ACTIVITY OBJECTIVE

Let's do all 30 skills in one full repetition, no rest between skills, move from one to another directly.

EQUIPMENT

One ball

SET-UP

No set up

ACTIVITY PROCEDURE & PROGRESSION

Do 2 full repetitions and have fun, record a video if you can

Tuesday - Week 3 – Reflection:

Who is a professional soccer player who you enjoy watching dribble, and why?

If you were to copy a move from your favorite player which move would it be?

Tuesday - Week 3 – Observation:

[Dennis Bergkamp • Technique and Elegance](https://www.youtube.com/watch?v=2m38PAhjaY)

(<https://www.youtube.com/watch?v=2m38PAhjaY>)



U13-U14 CYA Weekly **PRO** Practice

Weekly Individual At-Home Player Program



Wednesday - Week 3 - Practice Activity 1:

ACTIVITY OBJECTIVE

Juggling (Total time 60 minutes)

Goal: Around the world

Activity purpose: Get comfortable with the ball, and mostly have Fun.

EQUIPMENT

Size 1 Ball, Size 4 or 5 Ball, any other object that you can gather for Juggling.

SET-UP

A 10X10 Feet Free Area

ACTIVITY PROCEDURE & PROGRESSION

- **Juggle both feet**
 - Start with the smallest object (which will be the hardest), 5 min
 - Size 1 ball. 5 min
 - Size 4 or 5 ball. 5 min.
- **Juggle Toe Tap**
 - Strong Foot Size 4 or 5 ball. 10 min
 - Weak Foot Size 4 or 5 ball. 10 min.
- **Juggle Toe Tap Around the world**
 - **Size 4 or 5, start with strong foot one way. Time yourself.**

This is a challenge that requires you to be patient and relaxed.
Be sure to take water breaks and remember this is a fun activity.

[How to do The Around the World Juggling Trick | Tutorial](https://www.youtube.com/watch?v=Dyrs8Wh-1JY)

(<https://www.youtube.com/watch?v=Dyrs8Wh-1JY>)



U13-U14 CYA Weekly **PRO** Practice

Weekly Individual At-Home Player Program



Wednesday - Week 3 - Practice Activity 2:

ACTIVITY OBJECTIVE

Ball Control (total time 40 minutes)

Goal: Feel comfortable with the ball

Activity purpose: Control the ball (To be able to left up the ball using different techniques).

EQUIPMENT

Size 4 or 5 Ball

SET-UP

A 10X10 feet Open area

ACTIVITY PROCEDURE & PROGRESSION

Please see the YouTube video

Have fun. Be sure to take water breaks and be patient and relax your body.

[15 Easy Flick Up Skills Tutorial | Simple Step By Step
Football Skills](https://www.youtube.com/watch?v=f06TVTebxxU)

(<https://www.youtube.com/watch?v=f06TVTebxxU>)



U13-U14 CYA Weekly PRO Practice
Weekly Individual At-Home Player Program



Wednesday - Week 3 – Reflection:

How much success did you have at this amount of time?

Did you have fun or the activity is more frustrating? what can you do to make it more fun?

Wednesday - Week 3 – Observation:

[The Amazing Mr. Woo](#)

(<https://www.youtube.com/watch?v=4sYMdpzE8Mk>)



U13-U14 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>)



U13-U14 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:

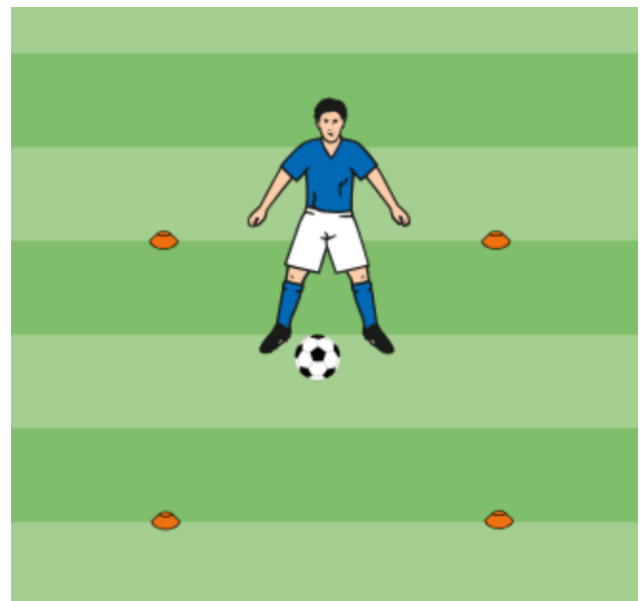
- Pull-Push forward (with right foot, then left foot, alternating each time)
- V-drag #1 (Pull-Push with the outside of the right foot, then left foot, alternating each time)

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





U13-U14 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>)



U13-U14 CYA Weekly **PRO** Practice

Weekly Individual At-Home Player Program



Friday - Week 3 - Practice Activity 1:

PRACTICE 1 ACTIVITY

CYA BINGO. Fun Activity, compete and challenge your teammates.

EQUIPMENT

Soccer ball, access to YouTube, phone.

SET-UP

SEE ATTACHMENT

ACTIVITY PROCEDURE & PROGRESSION

BLACK OUT BINGO. This means you must complete every square to win. Some activities are to be done with mom or dad...or both, extra credit for doing it with both parents. You can only do 5 boxes per day. Once you have a blackout bingo, email your coach. First to email wins per team.

CYA SOCCER BINGO

Directions:

Instead of getting just Bingo, we are playing "black out" Bingo. This means you must do every square to win.

Print this form out, keep track of it, cross out the box when completed, and text or email a completed scorecard to your coach.

You can do boxes every day, but you are only allowed to officially "X" out 5 boxes in one day.

B	I	N	G	O
30 minutes CYA PRO work out	Watch 30 minutes of soccer on YouTube on your own or ask your teammates to watch it with you.	Call a teammate and check on them. (not text, email, or social media)	30 minutes CYA PRO work out	Do an extra chore around the house
Do 5 sets of 20 of mountain climbers	30 minutes CYA PRO work out	Learn something new (origami, sewing, your choice)	Read a soccer article online	Do 5 sets of 10 crunches
Complete your school work ahead of time	Do 3 sets of 10 lunges (both legs) with mom or dad		Learn a new juggling trick from YouTube	30 minutes CYA PRO work out
Help cook dinner	Write a thank you note or letter to someone that has helped you	Do 5 sets of 20 Jumping Jacks	Play wall/ball with a soccer ball for 30 minutes	Do 3 sets of 10 squats with mom or dad
Do 6 sets of fast feet for 30 seconds each set	Juggle for 10 minutes	Do 4 sets of high knees as fast as you can for 20 seconds each set	Work on your non- dominant foot for 30 minutes	Do 3 sets of 10 push- ups



U13-U14 CYA Weekly PRO Practice
Weekly Individual At-Home Player Program



Friday - Week 3 – Reflection:

Reflect on how challenging it was to commit to complete the BINGO, what was your favorite part and your least.

Friday - Week 3 – Observation:

[Comedy Football 2018: Epic Fails, Bizarre, Funny Skills, Bloopers](https://www.youtube.com/watch?v=WII0Y0I1fqI)

(<https://www.youtube.com/watch?v=WII0Y0I1fqI>)