



# 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:

**P**actice

**R**eflect

**O**bserve

- 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 4 WORKOUT BELOW**



# U13-U14 CYA Weekly **PRO** Practice

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### Monday - Week 4 - Practice Activity 1:

#### ACTIVITY OBJECTIVE

Body Weight Exercises

#### EQUIPMENT

None

#### SET-UP

None

#### ACTIVITY PROCEDURE & PROGRESSION

Squat Jumps x 10 | Level 2 Push-ups x 8 | Backward Lunges x 7 each leg | (Repeat 3 times - Take 60 second break between each set)

**Squat Jumps:** <https://www.youtube.com/watch?v=qv3hoZgSk3c>

**Level 2 (Intermediate) Push-ups:** <https://www.youtube.com/watch?v=AhdtoWFDKt0>

**Backward Lunges:** <https://www.youtube.com/watch?v=K3vgNL2OFI8>



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### Monday - Week 4 - Practice Activity 2:

#### ACTIVITY OBJECTIVE

Core Exercises (Abs)

#### EQUIPMENT

None

#### SET-UP

None

#### ACTIVITY PROCEDURE & PROGRESSION

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

**Russian Twists:** <https://www.youtube.com/watch?v=JyUqwkVpsi8>

**Reverse Crunches:** <https://www.youtube.com/watch?v=gAyTBB4lm3I>

**Side Plank (skip to 55 seconds):** <https://www.youtube.com/watch?v=K2VljzCC16g>



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**Monday - Week 4 – Reflection:**

Was there a fast-explosive moment on the way up during the squats?

Are you willing to push yourself out of your comfort zone and do another set of both activities?

**Monday - Week 4 – Observation:**

[Zinedine Zidane ● Best goals ever 1992 - 2006 ● HD](#)

( <https://www.youtube.com/watch?v=Aa3lPifJGeU> )



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### Tuesday - Week 4 - Activity 1:

#### ACTIVITY OBJECTIVE

9 Easy Skill Moves To Beat Defenders | Dribbling Skills For Soccer players

#### EQUIPMENT

One cone or one bottle of water and two jerseys to make a small goal

#### SET-UP

One bottle of water as a defender and a small goal five yards away

#### ACTIVITY PROCEDURE & PROGRESSION

Make each move 10 times before moving to next move.

[9 Easy Skill Moves To Beat Defenders | Dribbling Skills Tutorial For Footballers/Soccer Players](https://www.youtube.com/watch?v=1sr8zc8nP9Y&feature=youtu.be)

( <https://www.youtube.com/watch?v=1sr8zc8nP9Y&feature=youtu.be> )



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### Tuesday - Week 4 - Activity 2:

#### ACTIVITY OBJECTIVE

Same as the first part but using outside foot to score

#### EQUIPMENT

Same

#### SET-UP

Same

#### ACTIVITY PROCEDURE & PROGRESSION

We do each move 15 times and score with outside foot.

### Tuesday - Week 4 – 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 4 – Observation:

[Best 1v1 Attacking Soccer Drills And Attacking Soccer Skills To Beat A Defender](#)

( <https://www.youtube.com/watch?v=Q2XZBfJWwos> )



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### Wednesday - Week 4 - Practice Activity 1:

#### ACTIVITY OBJECTIVE

#### Juggling

**Goal:** Fun Challenge (neck stall)

**Activity time:** 40 minutes

#### EQUIPMENT

Size 1, Size 4 or 5 Ball, or any other object that creates some fun and challenge.

#### SET-UP

A 10X10 feet open area

#### ACTIVITY PROCEDURE & PROGRESSION

- **Juggle Free style (feet, thighs, shoulders, head)**
  - o Small object or size 1 ball, 5 min
  - o Size 4 or 5 ball, 5 min
- **Juggle Thighs only**
  - o Small object or size 1 ball, 5 min
  - o Size 4 or 5 ball, 5 min
- **Juggle Head only**
  - o Size 4 or 5 ball, 5 min
- **Fun Challenge (neck Stall)**
  - o Be patient, try to relax, and remain focused
  - o See the video for reference and technique.
  - Have fun, be sure to take water breaks.

## [How To Do a Neck Stall](#)

( <https://www.youtube.com/watch?v=jkg9wDfa7CU> )



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### Wednesday - Week 4 - Practice Activity 2:

#### ACTIVITY OBJECTIVE

##### **Ball Control**

**Goal:** To be able to control the ball different ways in the air

**Activity time:** 40 minutes

#### EQUIPMENT

Size 4 or 5 Ball

#### SET-UP

An open area like the back yard to be able to throw the ball in the air. You will need a parent or sibling to throw the ball to you.

#### ACTIVITY PROCEDURE & PROGRESSION

**10 ways to control the ball in the air. See the video for technique and know how. Have fun, be sure take water breaks.**

## [10 GREAT WAYS to CONTROL a Ball in the Air](#)

( <https://www.youtube.com/watch?v=xYGQz-XO1WM> )





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Wednesday - Week 4 – Reflection:

Do you feel confident that you will be able to rise to the challenge?

How difficult it is to work in a limited area?

Wednesday - Week 4 – Observation:

[CONTROL The Soccer Ball Out Of The Air With CONFIDENCE | Advanced First Touch Drills](#)

( <https://www.youtube.com/watch?v=sTveBwTZvN4> )



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### Thursday - Week 4 - Activity 1:

#### ACTIVITY OBJECTIVE

Agility Series Part II

#### EQUIPMENT

Ladder, cones, or other object to set 1-yard spaces

#### SET-UP

Go to an open space and set ladder or 8 cones/objects 1 yard apart

#### ACTIVITY PROCEDURE & PROGRESSION

4 Fast forward to 5:36 in the video. This is part II building off last week. Go through each movement 6 times and rest 45 seconds between movements. 1) Foot exchange 2) Reverse crossover 3) Hip twist 4) Two footed hop 5) One footed hop 6) Two forward one back

## 15 Fast Footwork Exercises | Increase Your Foot Speed With These Speed Ladder Drills

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



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### Thursday - Week 4 - Activity 2:

#### ACTIVITY OBJECTIVE

Soccer specific box drill conditioning

#### EQUIPMENT

4 cones or objects

#### SET-UP

Mark a 10x10 yd square with cones or objects (1 big step= ~1 yard)

#### ACTIVITY PROCEDURE & PROGRESSION

The perimeter of the square is the course you will run. Each lap you will increase how many sides of the square you will sprint.

- 1) Jog each of the 4 sides of the box
- 2) Sprint 1 side, jog 3 sides
- 3) Sprint 2 sides, jog 2 sides
- 4) Sprint 3 sides, jog 1 side
- 5) Sprint all 4 sides of the box; Rest 2 minutes. Repeat 3 times or as many times as you can, while still feeling good. Must have a quick change of speed when transitioning from a jog to a sprint. Push yourself!

[How To Improve Stamina | Essential Fitness Training For Footballers/Soccer Players](https://www.youtube.com/watch?v=aFb8JUMramg)

( <https://www.youtube.com/watch?v=aFb8JUMramg> )



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### Thursday - Week 4 – Reflection:

How do these agility movements help players defend?

In what moment during a game would you need to have a quick change of speed from a jog to a sprint?

### Thursday - Week 3 – Observation:

[Liverpool FC vs AC Milan 3-3 pens\(3-2\) UCL Final 2005](#)  
[// Highlights English Commentary HD](#)

( <https://www.youtube.com/watch?v=oWdPDofBx10&feature=youtu.be> )



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### Friday - Week 4 - Practice Activity 1:

#### PRACTICE 1 ACTIVITY

WALL WORK (between 7 to 8 minutes)

#### EQUIPMENT

A wall. 2 cones, if you don't have cones, use 2 socks fold them in the shape of a cone. A #5 soccer ball and a watch to time your reps.

#### SET-UP

Find a wall where you can pass the ball and it bounces back to you.  
Set 2 cones about 3 or 4 feet away from for the wall and 3 or 4 away from each other.

#### ACTIVITY PROCEDURE & PROGRESSION

Pass the ball to the wall, stay on your toes ready to receive the ball. Use the inside part of your feet to pass and to receive. Try laces, 2 touches = one to receive, open up, pass. See the example on the YouTube video I shared, just click the link to see it.

### [11-Minute Wall Work | YFutbol](https://www.youtube.com/watch?v=Zn5HWMlxQsQ)

<https://www.youtube.com/watch?v=Zn5HWMlxQsQ>

### Friday - Week 4 - Practice Activity 1:

#### PRACTICE 1 ACTIVITY

Reflection and feedback

#### EQUIPMENT

Phone or video camera

#### SET-UP

None

#### ACTIVITY PROCEDURE & PROGRESSION

Record your wall training with your phone, then watch yourself and write down a self-reflection. If you want, sent the video to your coach and ask him (her) for feedback.



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**Friday - Week 4 – Reflection:**

What did you do Well?

How can you improve?

**Friday - Week 4 – Observation:**

**[Attacking Soccer - Wall Passing](#)**

( <https://www.youtube.com/watch?v=kzUUvcq7wAc> )