



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:

Ppractice

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 6 WORKOUT BELOW



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Monday - Week 6 - Practice Activity 1:

ACTIVITY OBJECTIVE

7 minutes burpees

EQUIPMENT

None

SET-UP

None

ACTIVITY PROCEDURE & PROGRESSION

Set a timer for 7-minutes. Keep track of how many burpees you can complete in this timeframe. Take breaks as needed.

[How To Do Burpees With Proper Form](#)

(https://www.youtube.com/watch?v=G2hv_NYhM-A)



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Monday - Week 6 - Practice Activity 2:

ACTIVITY OBJECTIVE

Plank Challenge

EQUIPMENT

None

SET-UP

None

ACTIVITY PROCEDURE & PROGRESSION

In this challenge, you will start with front plank for 45 seconds. Immediately go into a side plank for 45 seconds and then switch to the opposite side plank for another 45 seconds. Total work time is 2 minutes and 15 seconds. Rest for 1 minute between sets. Complete 3 sets total.

[Front & Side Plank](#)

(<https://www.youtube.com/watch?v=VjliCOjTkk0>)



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Monday - Week 6 – Reflection:

What muscles groups did you feeling working during the burpees?

How does core stability help you when you are playing soccer?

Monday - Week 6 – Observation:

[Barcelona 6-1 PSG: 8 March 2017 Champions League Classic](#)

(<https://www.youtube.com/watch?v=6CgHT6 leel>)



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Tuesday - Week 6 – Practice Activity 1:

ACTIVITY OBJECTIVE

Close Control Dribbling, forward and lateral movement

Goal: To maintain the level of skills as well as improve to new skills

Activity purpose: Improve foot skills, keeping the ball close to feet.

EQUIPMENT

Soccer Balls, any size, cones, other objects

SET-UP

In a free space set up the cones/objects according to the video, provided. The skills can also be completed without any cones or objects.

ACTIVITY PROCEDURE & PROGRESSION

take a look at the video and follow the skills that you think are easy and you can manage without going back and forth to the video. Enjoy and be sure to take water breaks.

[32 Close Control Dribbling Cone Drills | Improve Your Close Control Dribbling](#)

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

[Masood ball mastery](#)

(<https://www.youtube.com/watch?v=G1lFm3Udnjo>)



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Tuesday - Week 6 – Practice Activity 1:

ACTIVITY OBJECTIVE

Ball Mastery, Quick feet

Goal: Improve foot skills and ball control

Activity purpose: Improve foot skills, balance/control, as well as maximize ball touches on both feet

EQUIPMENT

Cones, and soccer ball.

SET-UP

In a small 4X4 feet open space, set up your cones like the video.

ACTIVITY PROCEDURE & PROGRESSION

Carefully watch the video and follow the steps. Do each skill for 30 seconds followed by taking a 15 second break. practice these skills as many times a week as you can. Enjoy and be sure to take water breaks.

[Learn To Master The Ball | 10 Ball Mastery Exercises To Improve Your Ball Control](https://www.youtube.com/watch?v=7QEflsYZp3M)

(<https://www.youtube.com/watch?v=7QEflsYZp3M>)



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Tuesday - Week 6 – Reflection:

As you take more touches on your weak foot, do you see improvement?

As you make more touches on the ball, do you feel the harder skills become more achievable?

Tuesday - Week 6 – Observation:

[9-year-old Beckham FULL Soccer Session | Nike Athlete | Joner 1 on 1 Football Training](#)

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

Wednesday - Week 6 - Practice Activity 1:

ACTIVITY OBJECTIVE

Basic Juggling with Smaller Item

EQUIPMENT

Tennis Ball or Size 1 Ball

SET-UP

A 10X10 feet open area

ACTIVITY PROCEDURE & PROGRESSION

- 1). Juggle a tennis ball or size 1 ball for 3 minutes with feet only. Record highest score.
- 2). Juggle a tennis ball or size 1 ball for 3 minutes with thighs only. Record highest score.

****Try to beat this score next week****



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Wednesday - Week 6 - Practice Activity 2:

ACTIVITY OBJECTIVE

JUGGLING CHALLENGE SERIES 1: Around the World

EQUIPMENT

Size 5 Ball

SET-UP

in an Open space

ACTIVITY PROCEDURE & PROGRESSION

Complete the series **IN ORDER**: R Foot - R Thigh - R Shoulder - Head - L Shoulder - L Thigh - L Foot

[The "Around the World" Juggle Challenge with Florida West F.C.](#)

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



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Wednesday - Week 6 – Reflection:

Was juggling with the smaller item easier or harder than using a size 5 ball?

Did you complete around the world? How many tries did it take you?

Wednesday - Week 6 – Observation:

[How Pep Guardiola Transformed Manchester City |](#)
[Pep Guardiola Tactics and Philosophy |](#)

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



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Thursday - Week 6 – Practice Activity 1:

ACTIVITY OBJECTIVE

HOW TO IMPROVE ACCELERATION. THEO WALCOTT WATCH HIGHLIGHTS

[Theo Walcott - Unleash The Beast - Best Moments 2006/2016 | HD 1080p |](#)

(<https://youtu.be/N-g5Nceygd0>)

EQUIPMENT

DIFFERENT COLOR OF CONES OR MARKERS, SOCKS CUPS, ANYTHING YOU CAN USE TO MARK.
SOCCER BALL, IF YOU HAVE MORE THAN ONE IT WOULD HELP.
ASK YOUR DAD OR MOM OR A SIBLING TO HELP YOU YELL A COLOR.

SET-UP

CREATE A 10 X 10 BOX OR BIGGER IF YOU HAVE SPACE.
MARK IT, SET ONE MARKER IN THE MIDDLE AS WELL

ACTIVITY PROCEDURE & PROGRESSION

MAKE SURE TO WARM UP FOR 10 MINUTES, TOE TAPS, JUG, ETC
FIRST W/OUT THE BALL. ASK YOUR HELPER TO YELL AT COLOR AND SPRING FAST AS POSSIBLE TO THE
TOUCH THE MARKER. AFTER PLAYING FOR 2 MINUTES ADD THE BALL AND DRIBBLE W
BALL UNDER CONTROL AFTER 5 MINUTES WORK ON ACCELERATION AND DECELERATION STRAIGHT LINE
AS SHOWN ON THE DEMO VIDEO

[Theo Walcott | How to improve acceleration | Train like a Pro](#)

(<https://www.youtube.com/watch?v=s-5VPhqmVpg&feature=youtu.be>)



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Thursday - Week 6 – Practice Activity 2:

ACTIVITY OBJECTIVE

HOW TO IMPROVE ACCELERATION. (PROGRESS INTO ACT 2 IF SPACE ALLOWS YOU)

EQUIPMENT

DIFFERENT COLOR OF CONES OR MARKERS, SOCKS CUPS, USE ANYTHING YOU CAN USE TO MARK.
SOCCER BALL, IF YOU HAVE MORE THAN ONE IT WOULD HELP.
ASK YOUR DAD OR MOM OR A SIBLING TO HELP YOU YELL A COLOR.

SET-UP

CREATE A GOALS OR A GOAL LINE AS LONG AS YOUR SPACE ALLOWS IT
DIVIDE IN 3 SECTIONS AS SHOWN ON DEMO AT 3 MINUTE MARK.

ACTIVITY PROCEDURE & PROGRESSION

YOUR HELPER WILL TRY TO TAG YOU SO YOU CAN'T GET INSIDE THE OR
RUN PASS THE GOAL LINE, USING FAKE MOVES, TRY TO UNBALANCE
YOUR DEFENDER AND THEN ACCELERATE INTO GOAL OR GOAL LINE

Thursday – Week 6– Reflection:

Did you have fun?

Was this exercise challenging for you?

Thursday - Week 6 – Observation:

[Theo Walcott - Crazy Fast Skills & Goals 2017 | HD](https://www.youtube.com/watch?v=KO7tx63Yz9k)

(<https://www.youtube.com/watch?v=KO7tx63Yz9k>)



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Thursday - Week 6 – Practice Activity 1:

ACTIVITY OBJECTIVE

Brain Games: spatial awareness and memory

EQUIPMENT

None

SET-UP

None

ACTIVITY PROCEDURE & PROGRESSION

Watch the video and try the activity

[Brain Games- Sensory Mnemonics](#)

(<https://www.youtube.com/watch?v=u3j7lv8OaI0&feature=youtu.be>)



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Friday - Week 6 - Practice Activity 2:

ACTIVITY OBJECTIVE

Full body ladder workout

EQUIPMENT

bodyweight, objects around house like water bottles and sofa/chair/coffee table

SET-UP

10x10 space around/near your sofa/chair/coffee table

ACTIVITY PROCEDURE & PROGRESSION

Follow video in the link

[FULL BODY LADDER WORKOUT](https://thebettyrocker.com/full-body-ladder-workout/)

(<https://thebettyrocker.com/full-body-ladder-workout/>)

Friday - Week 6 – Reflection:

In the Brain Game, were you able to recognize what objects were removed, or at least where the object was?

How is the skill of knowing/remembering where things are/were important in soccer?

Friday - Week 6 – Observation:

PLAYERS CHOICE!!

Go to YouTube and watch a game of your favorite player/team.