



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 7 WORKOUT BELOW



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Monday - Week 7 - Practice Activity 1:

ACTIVITY OBJECTIVE

Body Weight Explosive Workout

EQUIPMENT

A bench/step/or something to prop your leg on

SET-UP

None. Find open space in your backyard or a field to complete various exercises.

ACTIVITY PROCEDURE & PROGRESSION

You will go through 3 total sets of 5 exercises to complete. Try to complete these exercises with as much power as you can to improve your explosiveness on the field. The set includes:

1. Jumping lunges x20 (10 reps each leg)
2. Squat jumps x10
3. Triple jumps x5 (3 consecutive jumps= 1 rep)
4. Bulgarian split squat x10 reps each
5. Skater jumps x20 reps (10 reps each leg).

See video for an explanation of these exercises. While completing these exercises, do your best to jump right into the next one with minimal rest. After you complete the entire set, rest 2-3 minutes before starting your next set. Complete 3 total sets.

[The Ultimate 15 Minute Bodyweight Workout for Footballers/Soccer Players](https://www.youtube.com/watch?v=U8-nEDEAgos)

(<https://www.youtube.com/watch?v=U8-nEDEAgos>)



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Monday - Week 7 - Practice Activity 2:

ACTIVITY OBJECTIVE

Simple Bodyweight Circuit

EQUIPMENT

None

SET-UP

None

ACTIVITY PROCEDURE & PROGRESSION

You will go through a circuit of various bodyweight exercises including body weight squat x10, push-up x10, walking lunge x10 each, single leg calf raise x10 each, wall sit x30 seconds.

Go through all these exercises before resting.

After you complete the set, rest for 3 minutes. Complete 4 total rounds.

[How to Do Walking Lunges](#)

(<https://www.youtube.com/watch?v=YYWhkctnP2o>)

[Single Leg Calf Raises](#)

(<https://www.youtube.com/watch?v=Tla2ScHQgu0>)

[How To Have Perfect Legs: Wall Sit](#)

(<https://www.youtube.com/watch?v=-0Q7Lds7B8A>)



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Monday - Week 7 – Reflection:

How do explosive jumps improve your speed on the field?

Were any of these exercises too easy for you? If so, how could you make a specific exercise more challenging?

Monday - Week 7 – Observation:

[Dzsenifer Marozsán Highlights](#)

(<https://www.youtube.com/watch?v=mp6UyNh0tjo>)



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Tuesday - Week 7 - Practice Activity 1:

ACTIVITY OBJECTIVE

Foot work,

Goal: Maximize ball touch with both feet, and improve coordination

Activity purpose: Master the ball touch.

EQUIPMENT

Soccer ball, cones, other objects that can be used as obstacles.

SET-UP

See the video

ACTIVITY PROCEDURE & PROGRESSION

Watch the video carefully multiple times. Follow with the video or pause the video and complete the skill and once you get an understanding, you can move on to the next skill set.

Note: you don't have to have an agility ladder to perform the coordination, you can use other objects or no objects.

[Footwork, Ball Mastery and Coordination Training For Footballers/Soccer Players | Individual Drills](https://www.youtube.com/watch?v=7CISBtVi3Y)

(<https://www.youtube.com/watch?v=7CISBtVi3Y>)



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Tuesday - Week 7 - Practice Activity 2:

ACTIVITY OBJECTIVE

Dribbling with speed

Goal: Maximize your speed with ball

Activity purpose: To be able to dribble the ball with speed comfortably

EQUIPMENT

Soccer ball and cones or any other objects to be used instead of cones.

SET-UP

See the video, if you don't have a large amount of space, any space can do, but just adjust your runs.

ACTIVITY PROCEDURE & PROGRESSION

watch the video carefully multiple times. then do the skills or follow along with video.

[Speed Dribbling and Acceleration Training | The Pre-Preseason Program | Day Eight](https://www.youtube.com/watch?v=XweF1lGoZzQ)

(<https://www.youtube.com/watch?v=XweF1lGoZzQ>)



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Tuesday - Week 7 – Reflection:

How did you do in the space that you have?

do you think you are maintaining your stamina or feeling that you need more training?

Tuesday - Week 7 – Observation:

[How to improve your footwork in soccer | 10 Soccer drills for faster soccer footwork](#)

(<https://www.youtube.com/watch?v=bQT3MP5Mog8>)



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Wednesday - Week 7 - Practice Activity 1:

ACTIVITY OBJECTIVE

Juggling with the head

EQUIPMENT

Size 5 Ball

SET-UP

None

ACTIVITY PROCEDURE & PROGRESSION

Juggle the soccer ball for 5 minutes with your head only.
Try to get 25 juggles in a row. PROGRESSION: If you can get 25 juggles alternate between your head and your feet (HEAD-R FOOT-HEAD-L FOOT) until you get to 50.

Wednesday - Week 7 - Practice Activity 2:

ACTIVITY OBJECTIVE

JUGGLING CHALLENGE SERIES 2: Around the World

EQUIPMENT

Size 5 Ball

SET-UP

None

ACTIVITY PROCEDURE & PROGRESSION

Complete the series **IN ORDER**: R Foot Laces - R Foot Instep - L Foot Instep - L Foot Laces - Head - Head - L Foot Outstep - R Foot Outstep



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Wednesday - Week 7 – Reflection:

Were you able to reach the second progression?

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

Wednesday - Week 7 – Observation:

[Ronaldinho Crossbar Challenge](#)

(<https://www.youtube.com/watch?v=Hd1IHbINPQU>)



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Thursday - Week 7 – Practice Activity 1:

ACTIVITY OBJECTIVE

YOU NEED 4 CONES AND 1 SOCCER BALL. IF YOU DON'T HAVE CONES, ROLL UP SOME SOCKS AND USE THEM AS MARKERS

EQUIPMENT

YOU NEED 4 CONES AND 1 SOCCER BALL. IF YOU DON'T HAVE CONES, ROLL UP SOME SOCKS AND USE THEM AS MARKERS

SET-UP

MAKE AN SQUARE 2 BY 2...COUNT TWO STEPS.

ACTIVITY PROCEDURE & PROGRESSION

YOU WILL BE WORKING IN DIFFERENT ACTIVITIES WHICH YOU HAVE LEARNED BEFORE

CONDITIONING BOUNCE IN PLACE THEN JUMP OVER THE BALL SIDE TO SIDE WITH BOTH FEET 10 EACH SIDE BOUNCE IN PLACE THEN JUMP BACK AND FORTH OVER THE BALL 10 EACH SIDE BEGIN WITH BOTH FEET ON THE GROUND AND THEN JUMP OVER THE BALL AND LAND ON ONE FOOT, BALANCE AND GO W/OPPOSITE LEG 10 EACH LEG STRENGTH PUSH UP WITH ONE HAND ON THE BALL, THEN ROLL THE BALL TO THE OTHER HAND, DON'T LET YOUR KNESS TOUCH THE GROUND. 10 EACH HAND RUSSIAN TWIST WITH THE BALL ON YOUR HAND 10 EACH SIDE DROP SQUATS WITH THE BALL ON YOUR HAND 10 TIME CORE CRUNCHES 15 BICYCLES 2 SETS OF 20 SIT UPS WITH THE BALL ON YOUR HANDS. HIGH PLANK POSITION AND ROLL THE BALL UNDER FROM ONE HAND TO ANOTHER

[10 Minute Home Workout For Footballers | Full
Inside Small Space Training Session](https://www.youtube.com/watch?v=fXvTV6DnpaE&feature=youtu.be)

(<https://www.youtube.com/watch?v=fXvTV6DnpaE&feature=youtu.be>)



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Thursday - Week 7 - Practice Activity 2:

ACTIVITY OBJECTIVE

FITNESS, CONDITIONING, CARDIO AND FOOTSKILLS

EQUIPMENT

YOU NEED 4 CONES AND 1 SOCCER BALL. IF YOU DON'T HAVE CONES, ROLL UP SOME SOCKS AND USE THEM AS MARKERS

SET-UP

MAKE AN SQUARE 2 BY 2...COUNT TWO STEPS.

ACTIVITY PROCEDURE & PROGRESSION

ON THIS PART YOU WILL BE WORKING ON DIFFERENT FOOTSKILLS.

WORK 30 SECONDS, REST 30 SECONDS. BALL IN PLACE SCISSORS STEP OVERS TOE TAPS BRAZILIAN TOE TAPS
BALL MOVING TOE TAPS AROUND THE SQUARE FORWARD, SIDE, BACK BEHIND THE HILL OUTSIDE INSIDE
TOUCHES BRAZILIAN EXTENSION (SOLE, OUTSIDE) PUSH PULL

Fast Feet Stationary Footwork Drills

(<https://youtu.be/iWlyeB8J4h4>)



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Thursday - Week 7 – Reflection:

Is there a footskill you can add to the list?

Will you work on this Thursday, Saturday and Sunday?

Thursday - Week 7 – Observation:

[Soccer Nutrition Tips - How To Stop Eating Junk Food Forever!](#)

(<https://www.youtube.com/watch?v=8f2Cg1UVlrQ&feature=youtu.be>)



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Friday - Week 7 - Practice Activity 1:

PRACTICE 1 ACTIVITY

Pattern Ball Mastery

EQUIPMENT

3 cones or small objects and a ball

SET-UP

set cones up in a triangle with each cone about 2 feet apart

ACTIVITY PROCEDURE & PROGRESSION

watch video for drill #1.

- 1) Perform the drill for a minute at 50% your game speed focus on getting the pattern down
- 2) Perform drill for another minute at 75% your game speed
- 3) Perform drill for another minute at 90-100% of your game speed, focus on pushing yourself past comfort

[Quarantine Soccer Workout \(Drill 1\)](#)

(https://www.youtube.com/watch?v=jqEjKM-H_wl&feature=youtu.be&t=29)



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Friday - Week 7 - Practice Activity 2:

ACTIVITY OBJECTIVE

Controlled Dribbling

EQUIPMENT

4 cones or small objects and a ball

SET-UP

Set the cones up in a "fan" pattern with about 2 feet of space

ACTIVITY PROCEDURE & PROGRESSION

Watch video for drill #3.

- 1) Perform drill at 50% for a minute focus on getting the pattern down.
- 2) Perform drill at 75% of your game speed for a minute
- 3) Perform drill at 90-100% your game speed for a minute, push yourself past your comfort level

[Quarantine Soccer Workout \(Drill 3\)](#)

(https://www.youtube.com/watch?v=jqEjKM-H_wl&feature=youtu.be&t=29)

Friday - Week 7 – Reflection:

In your position, where would you perform this kind of dribbling/ball control?

Why is it important to be comfortable with dribbling in tight spaces?

Friday - Week 7 – Observation:

[Barcelona Tiki Taka That Shocked The World](#)

(<https://www.youtube.com/watch?v=x0jbRWWCg7E>)