



# U15+ 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.

**U15+ WEEK 2 WORKOUT BELOW**


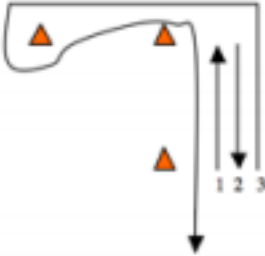


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### Week Two: Monday

Monday	Monday												
<b>Topic 1: Functional Fitness</b>	<b>Topic 2: Core</b>												
<b>Equipment: Cones or any marker that you have</b>	<b>Equipment: None</b>												
Set Up: 3 cones placed in a L - the distance may vary from 5-10 yards apart													
Activity 1 : L Drill   <div style="display: inline-block; vertical-align: top; margin-left: 20px;"> <table style="border-collapse: collapse;"> <tr> <td style="text-align: center; padding-right: 10px;"><b>1</b></td> <td style="text-align: center; padding-right: 10px;"><b>2</b></td> <td style="text-align: center;"><b>3</b></td> </tr> <tr> <td style="padding-right: 10px;">A. Sprint,</td> <td style="padding-right: 10px;">Backpedal,</td> <td>Run the L.</td> </tr> <tr> <td style="padding-right: 10px;">B. Shuffle,</td> <td style="padding-right: 10px;">Shuffle,</td> <td>Run the L.</td> </tr> <tr> <td style="padding-right: 10px;">C. Carioca,</td> <td style="padding-right: 10px;">Carioca,</td> <td>Run the L.</td> </tr> </table> </div>	<b>1</b>	<b>2</b>	<b>3</b>	A. Sprint,	Backpedal,	Run the L.	B. Shuffle,	Shuffle,	Run the L.	C. Carioca,	Carioca,	Run the L.	Activity 2:  <b>Plank Up-Downs</b> Start in a low plank. Maintaining square hips, place your right hand under your right shoulder, then left hand under your left shoulder, then proceed to lower back down to your right elbow, then your left elbow. <b>Continue alternating the hand you come up with first for 60 seconds. Do three sets.</b>
<b>1</b>	<b>2</b>	<b>3</b>											
A. Sprint,	Backpedal,	Run the L.											
B. Shuffle,	Shuffle,	Run the L.											
C. Carioca,	Carioca,	Run the L.											
Reflection: Why is a quick change of direction so important in soccer?	Reflection: Can you add a few minutes of core work to your everyday routine?												
Observation: Enjoy this highlight reel <a href="#">USWNT   All 26 Goals   2019 WWC</a>	Observation: Enjoy <a href="#">Indi Cowie: Learn Freestyle Soccer</a>												



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### Week Two: Tuesday

Tuesday	Tuesday
<b>Topic 1: Ball Control</b>	<b>Topic 2: Agility / Explosiveness</b>
<b>Equipment: 6 - 10 cones, socks, water bottles, etc</b>	<b>Equipment: Bar, hurdle, broom, etc.</b>
Set Up: Place 6 -10 cones in all different places	Set Up: 5x5 space - place your bar on the ground
Activity 1: Ball Control <b>Step 1:</b> <ul style="list-style-type: none"> <li>• Dribble through all the cones slowly, using only your laces and the outsides of your feet. You may go in any pattern               <ul style="list-style-type: none"> <li>○ <b>Round 2:</b> Try to go as fast as you can - changing direction each time you approach a new cone. You may go in any pattern.</li> </ul> </li> </ul> <b>Step 2:</b> <ul style="list-style-type: none"> <li>• <b>Place cones in a new pattern</b> <ul style="list-style-type: none"> <li>○ Dribble through all of the cones slowly. You may use any surface of your foot, but you must do a move at each cone.</li> <li>○ Round 2: Try to go as fast as you can - do a move at each cone. You may go in any pattern you'd like.</li> </ul> </li> </ul> <b>Complete each step 2 times</b>	Activity 2: Burpee Set <ul style="list-style-type: none"> <li>• Start facing the bar.</li> <li>• Complete one burpee without a pushup</li> <li>• Jump over the bar</li> <li>• Complete two burpees without a pushup</li> <li>• Jump back over the bar</li> <li>• Complete three burpees without a pushup</li> </ul> <b>Continue the pattern until you get to 10 burpees - that equals one set.</b>  <b>Complete two sets - rest two minutes in between sets.</b>
Reflection: Why is it important to go through random dribbling patterns sometimes?	Reflection: Can you add a pushup to your set?
Observation: <a href="#">Cristiano Ronaldo Moments of Magic</a>	



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### Week Two: Wednesday

Wednesday	Wednesday
<b>Topic 1: Turns</b>	<b>Topic 2: Receiving and turn</b>
<b>Equipment: 5 cones or any marker that you have</b>	<b>Equipment: Wall, partner, or backboard</b>
Set Up: Have 5 cones spread inside a 10x10 yard area	Set Up: Find a wall that you can pass to 5-7 yards away
Activity 1: <ul style="list-style-type: none"> <li>Dribble to the first cone and do a 360. Quick move to a second cone and sharp turn left. Move to the third cone and make a sharp turn to the right. Move quick to the fourth cone and turn 180 with your outside left foot. Quick change to the fifth cone and turns 180 to your right foot.</li> </ul> <p><b>Continue for three times at each cone with high intensity</b></p>	Activity 2: <ul style="list-style-type: none"> <li>Facing a wall 5 yards away, start passing to the wall keeping the ball on the ground. When the ball bounces back, have a first touch with your inside foot and quick turn with your outside foot.</li> </ul> <p><b>Repeat for 10 times alternate your right and left foot</b></p>
Reflection: Why is it important to be able to turn quick and change direction in a game?	Reflection: Why is first touch so important in order to turn quick and change direction?
Observation: <a href="https://youtu.be/PjR2OTfO8X8">https://youtu.be/PjR2OTfO8X8</a>	Observation : <a href="https://youtu.be/foGOvNZp-Gg">https://youtu.be/foGOvNZp-Gg</a>



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### Week Two: Thursday

Thursday	Thursday
<b>Topic 1: Juggling</b>	<b>Topic 2: Juggling</b>
<b>Equipment: Soccer Ball</b>	<b>Equipment: Soccer Ball</b>
Set Up: Place cones or other objects to create a 8x8 area or this can be done without cones	Set Up: Place cones or other objects to create a 8x8 area or this can be done without cones
<p>Activity 1: 1000 juggles</p> <ul style="list-style-type: none"> <li>You will be using all different surfaces to juggle. <b>Your goal for the day is to get 1000 touches.</b></li> <li>If you mess up, just keep going. You never have to start your count over from the beginning.</li> </ul> <p><b>Step 1:</b></p> <ul style="list-style-type: none"> <li>Hands to right foot, catch and repeat (25x).</li> <li>Hands to left foot catch and repeat (25x)</li> </ul> <p><b>Step 2:</b></p> <ul style="list-style-type: none"> <li>Hands to right foot and left foot catch and repeat (25x).</li> <li>Hands to left foot and right foot catch and repeat (25x).</li> </ul> <p><b>Activity 1 and 2 ADD UP TO 1000!</b></p>	<p>Activity 2: 1000 juggles part 2</p> <ul style="list-style-type: none"> <li>You will be using all different surfaces to juggle. <b>Your goal for the day is to get 1000 touches.</b></li> <li>If you mess up, just keep going. You never have to start your count over from the beginning.</li> </ul> <p><b>Step 1:</b></p> <ul style="list-style-type: none"> <li>Right foot juggle below the knee (100x).</li> <li>Left foot juggle below the knee (100x).</li> </ul> <p><b>Step 2:</b></p> <ul style="list-style-type: none"> <li>Right foot and left foot juggle below knees (200x).</li> </ul> <p><b>Step 3:</b></p> <ul style="list-style-type: none"> <li>Right foot only above the waist juggle (100x).</li> <li>Left foot only above the waist juggle (100x).</li> <li>Right foot and left foot juggles above waist (200x). (Remember to alternate feet)</li> </ul> <p><b>Step 4:</b></p> <ul style="list-style-type: none"> <li>Seated juggling (100x).</li> </ul> <p><b>Activity 1 and 2 ADD UP TO 1000!</b></p>
Reflection: What exercise was easier for you, above the knee/waist or below the knee juggles?	Reflection: How can you incorporate juggling to all your sessions?
Observation: Freestyle juggling <a href="#">Freestyle Football Battles in Brazil - Red Bull Street Style 2014</a>	Observation: Seated juggling <a href="#">#22 FREESTYLE FOOTBALL TUTORIAL - "SIT DOWN JUGGLE" Be a champion with SEAN GARNIER</a>



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### Week Two: Friday

Friday	Friday
<b>Topic 1: Dribbling</b>	<b>Topic 2: Recovery Juggle Challenge</b>
<b>Equipment : Soccer ball &amp; 6 pairs of socks or shirts</b>	<b>Equipment: Toilet paper roll or pair of socks</b>
<p>Set Up: Use the 6 pairs of socks or shirts to set up 3 gates spread out around a room. When setting up the gates, put the socks or shirts down about a foot apart from each other like you would when setting up gates with cones. Once you set up your first gate, continue setting up the rest of the gates about 15 feet away from each other so they're not so close.</p>	<p>Set Up: For this activity try to go to a room with emptier space or go to a room and make more room by moving things around so you don't knock anything over.</p>
<p>Activity 1 :</p> <p>Once your gates are all set up, begin dribbling between the gates. You can take it slow at first but as you go on, increase your speed of dribbling once you are more comfortable with the drill. When dribbling, keep the ball close and your head up so you know which gate you're going to and you don't run into anything. When you get to your gates, continue to keep the ball close and dribble between your gate and turn the ball then continue onto the next gate. As you get more comfortable, add in different turns when you dribble through your gates and use what you practiced earlier in the week.</p>	<p>Activity 2:</p> <p>The goal for this activity is to practice juggling with a smaller object that isn't a soccer ball and seeing how many consistent juggles you can do. For this you will juggling as many times as you can with the object you choose. If you drop your object just start over and see how many you can get and try and compete with others on your team or friends outside of your team! <b>Can you complete the 10-juggle toilet paper challenge?</b></p>
<p>Reflection: Why is it important to keep the ball close and your head up when you're dribbling?</p>	<p>Reflection: What do you think the purpose of practicing juggling is?</p>
<p>Observation: <a href="https://www.youtube.com/watch?v=wWQoUwE8Hok">https://www.youtube.com/watch?v=wWQoUwE8Hok</a></p>	<p>Observation: <a href="#">Greatest Toilet Paper Juggling in World</a></p>



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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. <b>THE BEST VIDEO WILL BE POSTED ON THE CYA SOCIAL MEDIA</b>	
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 STYLE ....and connect all videos. see example	
<a href="https://drive.google.com/open?id=1flh_AqM40eQ2qP9J6053nYwpcnjL04zw">https://drive.google.com/open?id=1flh_AqM40eQ2qP9J6053nYwpcnjL04zw</a>	