



# 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 3 WORKOUT BELOW**




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### Week Three: Monday

Monday	Monday
<b>Topic 1: Directional First Touch</b>	<b>Topic 2: Core</b>
<b>Equipment: Cone, water bottle or any marker that you have</b>	<b>Equipment: None</b>
Set Up: Wall, partner, or backboard	
Activity 1: <u><a href="#">Yael's Method   Directional First Touch Soccer Series</a></u> ( <a href="https://www.youtube.com/watch?v=5FdSoBDz57Q">https://www.youtube.com/watch?v=5FdSoBDz57Q</a> )  <b>Complete the series three times.</b>	Activity 2:  <b>Plank Jacks</b> Start in a high plank. Hop your feet out wider than hip-width without allowing your butt to pop up above the height of your shoulders, then quickly hop your feet back to hip-width. <b>Continue for 60 seconds; do three sets</b>
Reflection: Can your first touch get you out of tight spaces?	Reflection: Why is a strong core important for a soccer player?
Observation:  <u><a href="#">The Magical Skills of Lionel Messi 2019/20</a></u> ( <a href="https://www.youtube.com/watch?v=Jk8J3T5qPE">https://www.youtube.com/watch?v=Jk8J3T5qPE</a> )	Observation:  <u><a href="#">How to build a stronger core   Gym workout   Nike Academy</a></u> ( <a href="https://www.youtube.com/watch?v=9bXhO_F7wq0">https://www.youtube.com/watch?v=9bXhO_F7wq0</a> )

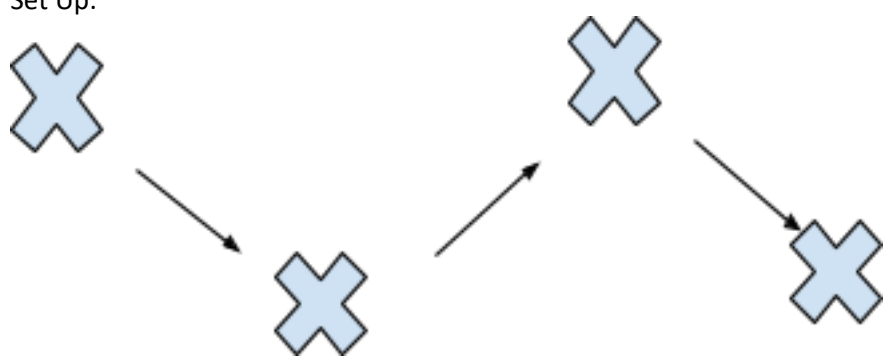


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### Week Three: Tuesday

Tuesday	Tuesday
<b>Topic 1 : Dribbling</b>	<b>Topic 2: Dribbling</b>
<b>Equipment: Two cones, socks, bottles, etc.</b>	<b>Equipment: 4 -6 cones or markers</b>
<p>Set Up:</p> <div style="text-align: center; border: 1px solid black; background-color: #006633; color: white; padding: 5px; width: fit-content; margin: 10px auto;"> <span style="font-size: 2em;">X</span> four steps apart <span style="font-size: 2em;">X</span> </div>	<p>Set Up:</p> 
<p>Activity 1:</p> <ul style="list-style-type: none"> <li>Figure 8 right foot only - 30 seconds</li> <li>Figure 8 left foot only - 30 seconds</li> <li>Figure 8 both feet - 30 seconds</li> </ul> <p><b>All three activities make 1 set. Complete 5 sets.</b></p>	<p>Activity 2:</p> <ul style="list-style-type: none"> <li>Dribble in a zigzag pattern. At each cone you will do a different move               <ul style="list-style-type: none"> <li>Cone one - step over</li> <li>Cone two - scissors</li> <li>Cone three - double scissors</li> </ul> </li> </ul> <p><b>Complete 10 times and then repeat the sequence, but make sure your move goes the opposite way.</b></p>
<p>Reflection: Do I always know when to pass vs when to dribble in my games?</p>	<p>Reflection: Did I do the move before the defender (cone)?</p>
<p>Observation:</p> <h2 style="color: #0066b3; text-decoration: underline;">The BEST dance based goal celebrations...EVER!</h2> <p style="color: #990066; text-align: center;"> <a href="https://www.youtube.com/watch?v=fgXSFpoOPvI&amp;feature=youtu.be">https://www.youtube.com/watch?v=fgXSFpoOPvI&amp;feature=youtu.be</a> </p>	



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### Week Three: Wednesday

Wednesday	Wednesday
<b>Topic 1: Fitness warm up</b>	<b>Topic 2: Fitness</b>
<b>Equipment:</b>	<b>Equipment:</b>
Set Up: Use a fitness mat inside your room	Set Up: In front of your house find a 10-15 yards linear space. Mark with a cone the start point, the 10 yard point and the 15 yard point
<p>Activity 1:</p> <p>One set of 12 High knee Jacks            One set of 20 High step March            One set of 20 Back turns            Rest for 1 minute</p> <p>One set of 14 side deep squats            One set of 30 Jumping Jacks            One set of Mountain climber</p> <p>Rest for 10 minutes and move to activity 2</p>	<p>Activity 2:</p> <p>10 yards sprint. Stop and do 15 pushups            10 yards sprint. Stop and do 15 pushups            Rest for 30 seconds            15 yards sprint. Stop and do knees up for 30 seconds            15 yards sprint. Stop and do knees up for 30 seconds            Rest for 30 seconds            10 yards sprint touch the cone and sprint back to the start point.            15 yards sprint, touch the cone and sprint back to the start point            Repeat for 2 times</p> <p>Rest for 3 minutes and repeat activity 2 one more time</p>
Reflection: Why is it important to stretch and warm up before moving to a higher intensity fitness activity?	Reflection: How do short and intense exercises benefit your heart?

Observation:

## [Functional Training by Suples Kids- Strength & Conditioning Workout](#)

<https://youtu.be/POINh6vBJGY>



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### Week Three: Thursday

Thursday	Thursday
<b>Topic 1: Ball Control</b>	<b>Topic 2: Yoga</b>
<b>Equipment: Soccer ball</b>	<b>Equipment: Towel, mat, or it can be done without anything</b>
Set Up: Inside your house in a small safe area or outside if you are allowed	Set Up: You only need a device and a small space
Activity 1: <ul style="list-style-type: none"> <li>You will be using all different surfaces of your feet to control the ball. <b>Your goal for the day is to get between 500-1000 touches.</b></li> </ul> <b>Step 1:</b> <ul style="list-style-type: none"> <li>Right foot inside outside standing in one place (25x).</li> <li>Left foot Inside outside standing in one place (25x)</li> <li>Inside outside using both feet (100x)</li> </ul> <b>Step 2:</b> <ul style="list-style-type: none"> <li>Sole rolls using both feet (100x).</li> <li>Inside V cuts (100x)</li> <li>Outside V cuts (100x)</li> <li>L drags (50x)</li> </ul>	Activity 2: Yoga - Full Body Stretch <p><b>Follow along with the video</b></p> <p style="text-align: center;"><b><u>10 min Full Body Morning Yoga Stretch - Yoga Without Props</u></b></p> <p style="text-align: center;"><a href="https://www.youtube.com/watch?v=SwH4N9a7238">https://www.youtube.com/watch?v=SwH4N9a7238</a></p>
Reflection: How can you use any of these moves during a game?	Reflection: Why is stretching important to soccer?
Observation: Ronaldo uses sole rolls and L drags a lot. <p style="text-align: center;"><b><u>20 Humiliating Skill Moves by Cristiano Ronaldo</u></b></p> <p style="text-align: center;"><a href="https://www.youtube.com/watch?v=uRKI9jJaGcc">https://www.youtube.com/watch?v=uRKI9jJaGcc</a></p>	Observation: <p style="text-align: center;"><b><u>lululemon   3 Ways Yoga Benefits Athletes   Nick Foles</u></b></p> <p style="text-align: center;"><a href="https://www.youtube.com/watch?v=qNGNctQF7eg">https://www.youtube.com/watch?v=qNGNctQF7eg</a></p>



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### Week Three: Friday

Friday	Friday
<b>Topic 1: <span style="color: #4a00e0;">Juggling</span></b>	<b>Topic 2: <span style="color: #4a00e0;">Juggling</span></b>
<b>Equipment: tennis ball (or any other ball smaller than a soccer ball) and soccer ball</b>	<b>Equipment: soccer ball</b>
<p><b>Set Up:</b> Start by going outside or going to a room where there will be space. You will be using the smaller ball you have chosen first so just put the soccer ball somewhere near you.</p>	<p><b>Set Up:</b> For this exercise you'll want to try and be outside or somewhere there will be a higher ceiling or more space to work with.</p>
<p><b>Activity 1:</b> To start off you will juggle the smaller ball 50 times; they don't have to be consecutive but try to get as many in a row as possible. Once you have done that, you will then move on to a normal size 5 soccer ball and begin juggling to 50 again.</p> <p>Next you will juggle up to 10 alternating on each foot. For this exercise you will do 1 juggle on one foot then switch and do 2 on the other foot, switching as you get up to 10.</p> <p>Once you can get up to 10 you'll juggle back down. So it would be 9 on one foot, 8 on the other foot, continuously switching feet until you're back down to 1.</p> <p>(a little difficult to explain but an example is seen in the observation video link below)</p>	<p><b>Activity 2:</b> You will juggle the ball alternating one high juggle and settling it into a lower juggle. To start off you can begin normally juggling and every 3-5 juggles, hit the ball higher in the air so you have to bring it down and continue juggling.</p> <p>Once you feel more comfortable with your touch off the high juggle, try and alternate so it would be a high juggle, a low juggle, high juggle and continue on.</p> <p>(a visual of this can also be seen in the observation video below as exercise #3)</p>
<p><b>Reflection:</b> Why do you think it's better to start juggling with a smaller ball than you're normally used to playing with?</p>	<p><b>Reflection:</b> What does the low juggle help you improve on?</p>

Observation:

## [5 Juggling Exercises To Improve Ball Control | Improve Your First Touch](https://www.youtube.com/watch?v=Lvs18JGu2g8)

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