



# 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 4 WORKOUT BELOW**



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### Week Four: Monday

Monday	Monday
<b>Topic 1: Ball Striking</b>	<b>Topic 2: Core</b>
<b>Equipment: Wall, partner, or any backboard you can think of</b>	<b>Equipment: None</b>
Set up: None	Set Up: 
<p>Activity 1:</p> <ul style="list-style-type: none"> <li>• Technique: Get 5-7 yards from the wall (10-15 for a partner), shoot the ball at the wall making sure the toe is down, knee is over the ball, the center of your instep is striking the center of the ball, and that the power is coming from the quick snapping motion of the lower leg.</li> <li>• Trap and shoot: Same as the exercise above except now take 2 touches. You should try to receive the ball cleanly and quickly and shoot as soon as you can back at the wall or your partner.</li> <li>• <b>Do each of these for about 3 minutes or 30 repetitions continuously</b></li> </ul> 	<p>Activity 2:</p> <p><b>High Plank Knee to Opposite Elbow</b>            Assume a high plank position. Bring your right knee to your left elbow, hold for three seconds, then bring your left knee to your right elbow and hold for three seconds. <b>Keep alternating in this manner for 60 seconds; do three sets.</b></p>
Reflection : Can I hit the ball at different heights to challenge myself?	Reflection: Did the core exercise get any easier this week?
Observation: <a href="#">Wall Ball Mania   YFutbol</a>	Observation: <a href="#">Inside Access: UNC Women's Soccer Practice - Anson Dorrance Mic'd Up</a>



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### Week Four: Tuesday

Tuesday	Tuesday
<b>Topic 1: Fitness Circuit</b>	<b>Topic 2: Fitness</b>
<b>Equipment: No equipment</b>	<b>Equipment: Device</b>
Set Up: No setup needed, <b>but make sure you get a good warm up. 5-minute jog - anywhere that you have - you can run in place, around your yard, in the house (if you are allowed)</b>	Set Up: Just a small space that you can stretch
Activity 1: Mini Fitness Circuit <ul style="list-style-type: none"><li>• 10 burpees</li><li>• 10 squats</li><li>• 10 push ups</li><li>• 10 curp ups</li><li>• Rest 1 minute</li></ul> <b>Repeat the circuit 5 times.</b>	Activity 2: Stretch  Follow along with the video.  <a href="#">5 Minute Cool Down</a>
Reflection: Aren't we so lucky to be healthy?	Reflection: Can you convince anyone in your family to join you one day?
Observation: <a href="#">What happens inside your body when you exercise?</a>	



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### Week Four: Wednesday

Wednesday	Wednesday
<b>Topic 1: Juggling</b>	<b>Topic 2: Juggling</b>
<b>Equipment:</b>	<b>Equipment:</b>
Set Up: 1. 2 cones 10 yards apart 2. With 4 cones make a box of 2x2 yards	Set Up: Standing 3 yards in front of a wall
Activity 1: 1. Starting at the first cone, juggle the ball moving towards the 10-yard cone. Coming back, now, heading the ball in the air. Challenge yourself by moving the cones to 15, 20 yards 2. Inside the 2x2 box start juggling the ball using different parts of your foot. Inside foot, outside foot, combination of inside and outside foot. The challenge is to juggle as much as you can staying inside the box	Activity 2: Kick the ball to the wall. When the ball bounces back, receive the ball with the inside foot and juggle the ball for 10 times. Continue kicking the ball to the wall and receiving with different parts of the foot and juggle for 10 times. The challenge is to keep the ball in the air as much as you can
Reflection: Why is it important to be able to use different parts of your foot when juggling?	Reflection: Why is it important your first touch when controlling a ball in the air?
Observation: <a href="https://youtu.be/HF3Y5ql2AYc">https://youtu.be/HF3Y5ql2AYc</a>	Observation: <a href="https://youtu.be/RcJaeregU2w">https://youtu.be/RcJaeregU2w</a>

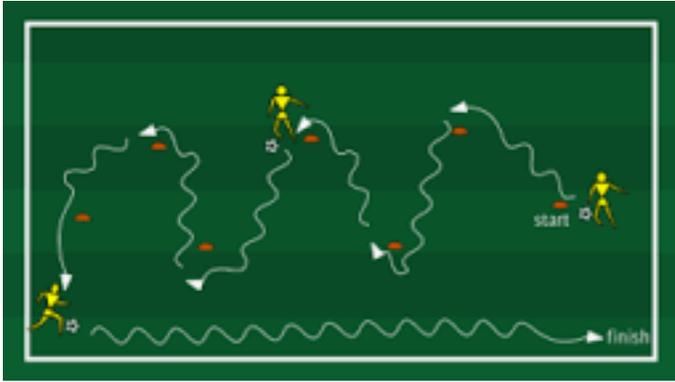


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### Week Four: Thursday

Thursday	Thursday
<b>Topic 1: Dribbling</b>	<b>Topic 2:</b>
<b>Equipment: 8-10 cones - if you do not have any cones you can use other objects such as socks, water bottles, etc....</b>	<b>Equipment: 7 cones - if you do not have any cones you can use other objects such as socks, water bottles, etc...</b>
Set Up: Place 5-6 cones/markers one-two steps away from each other in a straight line	Set Up: 
<p>Activity 1: Improving your dribbling skills</p> <p><b>Step 1: Cone Weave</b></p> <ul style="list-style-type: none"> <li>• Right foot up and back (3x)</li> <li>• Left foot up and back (3x)</li> <li>• Both feet up and back (3x)</li> </ul> <p><b>Complete the series two times.</b></p>	<p>Activity 2: Diagonal Dribble</p> <p><b>Step1:</b></p> <ul style="list-style-type: none"> <li>• Dribble out around the cones with your right foot (2x) <ul style="list-style-type: none"> <li>○ Rest 20 seconds between each repetition</li> </ul> </li> <li>• Dribble out around the cones with your left foot (2x) <ul style="list-style-type: none"> <li>○ Rest 20 seconds between each repetition</li> </ul> </li> </ul> <p><b>Complete the series two times.</b></p>
Reflection: Can these touches help me get out of tight spaces?	Reflection: Could I have gone faster during this drill?
<p style="text-align: center;">Observation:</p> <p style="text-align: center;"><a href="#">Top 10 Dribblers in Football 2020 • HD</a></p>	<p style="text-align: center;">Observation:</p> <p style="text-align: center;"><a href="#">Women's Crazy Football • Skills Tricks &amp; Goals  HD </a></p>



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### Week Four: Friday

Friday	Friday
<b>Topic 1: Turns</b>	<b>Topic 2: Touches</b>
<b>Equipment: 8 shirts and soccer ball</b>	<b>Equipment: soccer ball</b>
<p><b>Set Up:</b> Set up 6 shirts in a straight line about a foot and a half away from each other. Then set up the remaining 2 shirts about 10 feet from the first and last shirt in your line.</p>	<p><b>Set Up:</b> Go outside or to just about any room in your house where you'll have about 2 yards to work in.</p>
<p><b>Activity 1:</b> You will start at one of the shirts that is 10 feet away from the 6 in the middle. Then you will dribble between the shirts without touching them with only your left foot and when you get to the farther shirt turn as quickly and closely to that shirt as possible and dribble back with only your right foot. Continue alternating this way so you do it 6 times on each foot using any part of your foot. Once you've done that, then dribble through the shirts only using the outside of your feet for 10 times total, now making your final turns only with the outside of your feet. Then you will dribble through the shirts 10 times only using the inside of your feet, having your final turns only use the inside of your feet.</p>	<p><b>Activity 2:</b> This drill is to practice your touches and make sure to keep the ball close to you. To start, have the ball on the outside of your left foot and touch it slightly with the outside of your left foot. Then touch it with the inside of your left foot bringing it to the outside of your right foot where you will touch it with the outside of your right foot. Then touch it with the inside of your right foot to have it go across your body to the outside of your left foot back to where you started. You will continue doing this until you feel comfortable with the ball, you can look up without looking at the ball while doing it, and the ball isn't going far away from you.</p>
<p><b>Reflection:</b> Why is it important to make sure you keep the ball close to you at all times?</p>	<p><b>Reflection:</b> Why is it important to use all parts of your feet when doing this drill?</p>
<p style="text-align: center;">Observation:</p> <p><a href="https://www.youtube.com/watch?v=4vUTOTJI-HA">https://www.youtube.com/watch?v=4vUTOTJI-HA</a></p>	<p style="text-align: center;">Observation: (start around the 2 minute mark)</p> <p><a href="https://www.youtube.com/watch?v=bATaDzDD_ml">https://www.youtube.com/watch?v=bATaDzDD_ml</a></p>