



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:

Pactice

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.

U15+ WEEK 5 WORKOUT BELOW




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Week Six: Monday

Monday	Monday
Topic 1: Juggling	Topic 2: Core
Equipment: Soccer ball	Equipment:
<p>Set Up:</p> <ul style="list-style-type: none">• Pick a space free from anything that you can damage or that you could accidentally run into	<p>Set Up:</p> 
<p>Activity 1: Juggle</p> <ul style="list-style-type: none">• Juggle with each surface for one minute: head, thigh, and feet• Juggle with the following combination for one minute<ul style="list-style-type: none">○ Thigh - foot - thigh - foot (try to accomplish this pattern - if you mess up just start over)○ Head - thigh - foot - head - thigh - foot (try to accomplish this pattern - if you mess up just start over)	<p>Activity 2:</p> <ul style="list-style-type: none">• Low Plank with Knee Taps<ul style="list-style-type: none">○ Assume low plank position. Alternate knee taps to the floor, focusing more on your low abdomen. <p>Continue alternating for 45 seconds; do three sets.</p>
<p>Observation: SAM KERR GOALS/SKILLS COMPILATION</p>	



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Week Six: Tuesday

Tuesday	Tuesday
Topic 1: Ball Control	Topic 2: Body Weight Exercises
Equipment: Soccer ball, cones or markers	Equipment: None
Set Up: Put cones or markers in a square	Set Up: <ul style="list-style-type: none">• None
Activity 1: <ul style="list-style-type: none">• Follow along with the video - complete the series two times Ball Control - Complete Series Two Times	Activity 2: <ul style="list-style-type: none">• Calf Raises x 15• Alternate Forward Lunges x 10 each leg Repeat set 3 times - Take a one-minute break after each set
Reflection: Are you going as fast as you can?	Reflection: Did you reach out and say hi to a friend today?
Observation: 3 things every midfielder should learn from XAVI	



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Week Six: Wednesday

Wednesday	Wednesday
Topic 1: Fitness	Topic 2: Fitness
Equipment:	Equipment:
Set Up: 30 yards linear space	Set Up: 50 yards linear space
<p>Activity 1 :15/30/15</p> <ul style="list-style-type: none"> 15-30-15 refers to the distances covered in yards in one repetition of running followed by a rest interval. Three running cycles are used each workout. The training distance is 15 yards in the first cycle, 30 yards in the second cycle and 15 yards in the third cycle. Cycles are performed consecutively. Start cycle one by running 15 yards. Stop, recover and run 15 yards. This is two reps. Do 5 reps at 15 yards, rest for one minute and then increase the distance to 30 yards in cycle two. Do 5 reps at 30 yards, rest for 2 minutes, and then reduce the distance to 15 yards in cycle three and do 5 reps. <p>Rest for 30 minutes and proceed to activity 2</p>	<p>Activity 2: Fast and furious</p> <ul style="list-style-type: none"> Set-up a con at 20yds, 30yds, 40yds, and 50yds <p>Sequence: 4 x 50yd sprints (max effort) with 1-minute rest/recovery between reps. 3 x 40yd sprints (max effort) with 30 seconds rest between reps. 2 x 30yd sprints (max effort) with 30 seconds rest between reps. 1 x 20yd sprint (max effort)</p>
Reflection: Why do rest and recovery are important for your muscles, after an intense workout?	Reflection: Why is it important, in soccer, to be able to sprint different distances, at different intervals at full capacity?
Observation: https://youtu.be/Fm4OPPCI1TE	Observation: https://youtu.be/VnSAmgi4t7M



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Week Six: Thursday

Thursday	Thursday
Topic 1: Turns	Topic 2: Fancy moves/Turns
Equipment: Cones, water bottle or any marker that you have	Equipment: Cones, water bottle or any marker that you have
Set Up: Set up two cones 10 yards from each other.	Set Up: make a square 10 x10 and put about 5 cones inside.
Activity 1: <ul style="list-style-type: none">• Dribble from first to second cone, turn with outside of the foot and return to first cone (3x each foot)• Dribble from first to second cone then turn with inside of foot (3x each foot)• Dribble from first to second cone then turn by using a pullback (foot on top of ball and pull the ball towards you) (3x each foot)• Dribble from first to second cone then turn by using a Cruyff turn (3x time each foot) REPEAT EXERCISE 3 TIMES	Activity 2: What this video: https://www.youtube.com/watch?v=IGB1I58GZ5A And use the six skills provided to practice them inside the square for about 10 mins.
Reflection: When do I use turns during a game?	Reflection: When can I do a flashy move around a defender.
Observation: https://www.youtube.com/watch?v=ag8XzSdW_JA	Observation: https://www.youtube.com/watch?v=YJ46aUOeiVQ



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Week Six: Friday

Friday	Friday
Topic 1: Dribbling	Topic 2: Dribbling
Equipment: soccer ball and something to represent cones (for this example it will be shirts)	Equipment:
Set Up: Find an area in your house that allows for maximal movement or an area outside.	Set Up: Find an area in your house that allows for maximal movement or an area outside.
Activity 1: <ul style="list-style-type: none"> You will set up the items (shirts) in a line having each one be about 10-15 feet apart. You will start on either of the end shirts and drill as fast as you can to the other far one and do any turn you'd like and then dribble to the middle shirt, doing another move, going back to the end shirt you were just at. Then you would dribble from that far end shirt to the other far end shirt, doing a turn and then dribbling to the middle shirt, making a turn and going back to the end shirt you were at. Continue with this pattern, increasing your dribbling speed as you get more confident with the drill. <p>If you aren't able to do this outside or have enough room indoors to do this, try dribbling around a room in your house, making turns every time you get to something in your room. (bed, couch, tables, chairs, counters, etc.)</p>	Activity 2: <ul style="list-style-type: none"> For this activity, you will start off dribbling around, touching the ball every step you take. Whether you are just touching it with the inside or outside of your feet, doing moves, or using the sole of your feet, make sure you touch the ball every step. Once you feel comfortable doing this with your head up and you're not running into things, try and throw in some moves you feel the most comfortable doing. After that, throw in some moves you aren't as comfortable with but still feel like you can do even if you have to look at the ball to do it. *make sure you are still touching the ball every step you take*
Reflection: Why is it important to keep your head up with dribbling?	Reflection: Why is it important to have a few moves in your back pocket that you feel 100% confident about?
Observation: Learn to Change Directions Quickly - Soccer Tips	Observation: How To Improve Your Soccer Dribbling Skills At Home