



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 7 WORKOUT BELOW



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Week Seven: Monday

Monday	Monday
Topic 1: Teammate Check In	Topic 2: Core
Equipment: Phone or Email	Equipment: None
Set Up: Be kind 	Set Up: 
Activity 1: Team Check in <ul style="list-style-type: none"> • It is important that we are checking in on each other during this stressful time • Pick one way to check in with your teammates <ul style="list-style-type: none"> ○ Text them ○ Send a note in the group chat ○ Email them 	Activity 2: Plank <p>Low Side Plank with Hip Dips</p> <ul style="list-style-type: none"> • Assume low plank position and transition into a right-side plank. Drive your hips toward the ceiling, then dip your right hip toward the floor, then back to the start position. You should feel this strongly in your right-side oblique. • Continue for 60 seconds, then repeat on the left side; do three sets
Reflection: Are you reaching out to your friends and family just to say hi?	Reflection: Did you know a strong core helps with balance?
Observation: Kid President's 20 Things We Should Say More Often	



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Week Seven: Tuesday

Tuesday	Tuesday
Topic 1: Dribbling	Topic 2: Strength
Equipment: No equipment	Equipment: None
Set Up: Device and a safe small space	Set Up: A safe space in your house
Activity 1: Follow along with the video - complete series two times. https://youtu.be/Op-894ERnDA	Activity 2: <ul style="list-style-type: none">• Squats x 15• Wall Push-ups x 20• Stationary Lunges x 10 each leg Repeat 3 times - Take 60 second break between each set
Reflection: Did you go as fast as you could?	Reflection: Did you focus on good technique?
Observation: https://youtu.be/xn_OYPqigaU	

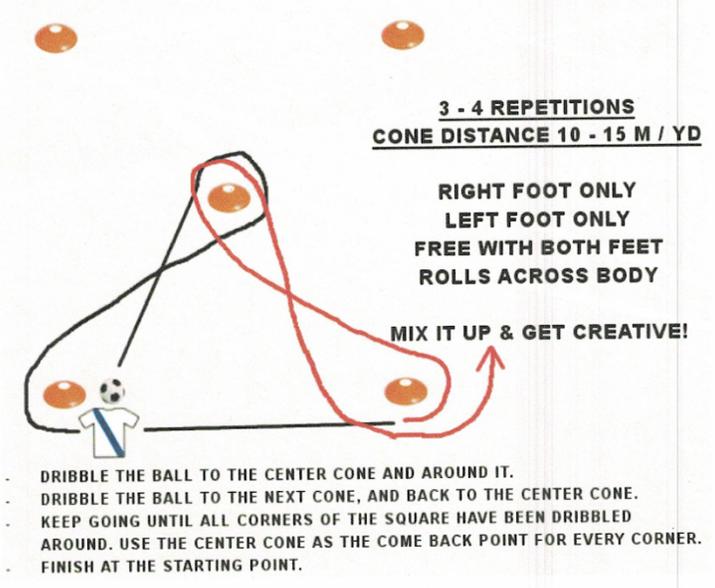


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Week Seven: Wednesday

Wednesday	Wednesday
Topic 1: Ball control	Topic 2: Ball control
Equipment:	Equipment:
<ol style="list-style-type: none"> 1. Soccer Ball 2. 3 Cones 3. Agility Ladder <ul style="list-style-type: none"> • Set up an agility ladder with a soccer ball in front of the ladder. • Place 3 cones in a triangle shape spaced 10 m/yd apart. • Start by running through the agility ladder. • Pick up the soccer ball and dribble it around the triangle cones. • Leave the soccer ball in front of the ladder. • Run through the ladder once again to complete 1 repetition. • Every step should be a touch on the soccer ball when dribbling around the cone triangle. • Alternate dribbling the ball starting to the left / right side. 	<div style="text-align: center;">  <p>3 - 4 REPETITIONS CONE DISTANCE 10 - 15 M / YD</p> <p>RIGHT FOOT ONLY LEFT FOOT ONLY FREE WITH BOTH FEET ROLLS ACROSS BODY</p> <p>MIX IT UP & GET CREATIVE!</p> <ul style="list-style-type: none"> - DRIBBLE THE BALL TO THE CENTER CONE AND AROUND IT. - DRIBBLE THE BALL TO THE NEXT CONE, AND BACK TO THE CENTER CONE. - KEEP GOING UNTIL ALL CORNERS OF THE SQUARE HAVE BEEN DRIBBLED AROUND. USE THE CENTER CONE AS THE COME BACK POINT FOR EVERY CORNER. - FINISH AT THE STARTING POINT. </div> <p>Set Up:</p> <p style="text-align: center;">Equipment Needed</p> <ol style="list-style-type: none"> 1. 4 or 5 Cones 2. Soccer Ball <p>Set up a square using 4 cones, about 10 - 15 m/yd apart.</p> <p>Place the 5th cone in the center of the square.</p>
Reflection: Stay light on your feet for every ladder exercise.	Reflection: This ball control drill for soccer needs to be done focusing on technique and short controlled touches on the soccer ball
Observation: https://youtu.be/OX4WUr3TCfA	Observation: https://youtu.be/NilASegRsju

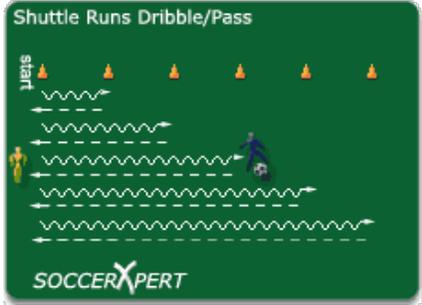


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Week Seven: Thursday

Tuesday	Tuesday
Topic 1: Fitness	Topic 2:
Equipment: No equipment	Equipment: Cones or markers, a soccer ball, and a wall or a person to return the ball to you.
Set Up: Watch the video for setup.	Set Up: <ul style="list-style-type: none"> To set up the Dribble/Pass Shuttle Runs exercise mark off 6-8 cones 5 yards apart in a single line. Make sure the player has gone through a proper warm-up and stretch prior to starting this fitness exercise. Each player should perform approximately 4-5 sets.
<p>Activity 1:</p> <p>Please watch the video below to complete the exercise.</p> <p>Line Agility</p> <ul style="list-style-type: none"> Do each variation for 10 repetitions over the line. Do that 4 times with a 15 second rest in between. Take a 30 second rest after each variation is complete Key - Light feet and work maximally <p>Video: https://www.youtube.com/watch?v=fiQOAQPs21U&t=15s</p>	<p>Activity 2:</p> <p>To begin the exercise, the working player will start with the soccer ball on the first cone and dribble full speed to the first cone, cut the ball quickly and pass to the return player or wall and sprint back to the starting marker without the ball. The return player should stop the ball near the starting line where the working player should quickly gain possession and dribble with speed to the 2nd marker. This pattern should be repeated for each of the cones.</p> <div style="text-align: center;">  <p>The diagram shows a green field with a line of six orange cones. A player is shown dribbling the ball between the first and second cones. Arrows indicate the direction of movement between each cone. The text 'Shuttle Runs Dribble/Pass' is at the top, and 'SOCCER XPERT' is at the bottom.</p> </div>
Reflection: How does agility help with changing directions?	Reflection: How does doing fitness affect my mental and ball control?
<p>Observation:</p> <p>https://www.youtube.com/watch?v=pIFCDMLGpw Can your dog play soccer?!!!</p>	



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Week Seven: Friday

Friday	Friday
Topic 1: Juggling	Topic 2: Juggling tricks
Equipment: soccer ball	Equipment: soccer ball
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: “the 1000 juggle workout plan” <ul style="list-style-type: none"> For this activity, there will be many different steps. These steps can be done all in one day or if you wanted to stretch it out, you could make it a daily step for an entire week because I know the title of this can be daunting. I will only give you the first few steps of the plan, but the link provided below will have the rest of the steps for you to follow if you want to do them all! To start it off, you will do 1 juggle and catch it on your right foot, 25 times. Then you will do the same thing 25 times on your left foot. The next step, you will juggle both feet and catch it 25 times. This is where it begins to get trickier. This step you are to get 100 juggles on just your right foot and not have the ball go above your knee. Then you switch and do that same thing on your left foot. If you aren’t able to get 100 consecutive juggles, try and compete with yourself and get as many as you can consecutively, then try and get higher than your previous one before. 	Activity 2: <ul style="list-style-type: none"> This drill is more concentrated on various juggling tricks to work on during this time when you might need something fun to do to unwind. This video has a couple different tricks and tips to help you better master these tricks. The first one is the “foot stall” where you will juggle the ball below your knees and then stall or stop the ball on one of your feet. The next one is “around the world” where you will try and juggle the ball and then get one of your feet to go around the ball and continue juggling. With the next trick, “hop the world” you are doing the same thing you did with around the world but hoping on the foot that isn’t going around the ball. There are more tricks in the link provided below if you wanted more tricks to practice.
Reflection: How does juggling relate to soccer as a whole?	Reflection: How can juggling tricks better help your soccer game?
Observation: https://www.youtube.com/watch?v=rcUHPII18dg	Observation: https://www.youtube.com/watch?v=ZJvVihqO1NM