



U9-U10 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:

Ppractice

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.

U9-U10 WEEK 3 WORKOUT BELOW



U9-U10 CYA Weekly **PRO** Practice

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Monday - Week 3 - Practice Activity 1:

ACTIVITY OBJECTIVE

Passing and Receiving

EQUIPMENT

Ball, a wall, partner (parent or sibling)

SET-UP

5-10 yards of space, a target on the ball or partner.

ACTIVITY PROCEDURE & PROGRESSION

Find a wall or partner, start at a distance of 5 yards.

Passing technique - Toes up, ankles locked, non-kicking foot set to target, Use the inside of your foot to pass the ball.

Receiving technique - Toes up, ankles locked, on your toes, Use the inside of your foot to receive the ball. Making sure to keep the ball close to your body. 20 passes (10 each foot) 30 second break.

1. Pass and receive the ball from wall or partner with the same foot. (2 touches)
2. Pass and receive the ball from wall or partner across your body. Receive with you right and pass with your left. (2 touches)
3. Pass the ball to partner or wall, receive the ball with the same foot by opening your hips and taking your touch into space. (2 touches)
4. Pass the ball to partner or wall, receive the ball across your body (left to right or right to left) and taking your touch into space. (2 touches)

Video Example of Activity

(<https://www.youtube.com/watch?v=s-QYMJZTCCA>)



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Monday - Week 3 - Practice Activity 2:

ACTIVITY OBJECTIVE

Passing and Receiving

EQUIPMENT

Ball, a wall, partner (parent or sibling)

SET-UP

5-10 yards of space, a target on the ball or partner.

ACTIVITY PROCEDURE & PROGRESSION

Find a wall or partner, start at a distance of 10 yards.

Passing technique - Toes up, ankles locked, non-kicking foot set to target, Use the inside of your foot to pass the ball.

Receiving technique - Toes up, ankles locked, on your toes, Use the inside of your foot to receive the ball.

Making sure to keep the ball close to your body. 20 passes (10 each foot) 30 second break.

1. Pass and receive the ball from wall or partner with the same foot. (1 touch)
2. Pass and receive the ball from wall or partner across your body. Receive with you right and pass with your left. (2 touches)
3. Pass the ball to partner or wall, receive the ball with the same foot by opening your hips and taking your touch into space. (2 touches)
4. Pass the ball to partner or wall, receive the ball across your body (left to right or right to left) and taking your touch into space. (2 touches)

ONE Touch Passing

1. Back to 5 yards distance. Pass the ball against the wall only with one touch.
2. Use only your right foot.
3. Use only your left foot.





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Monday - Week 3 – Reflection:

How many passes did you complete in a row without making a mistake?

Do you think players like Messi and Ronaldo still have to do these drills?

Monday - Week 3 – Observation:

10 Minutes Of World Class Passes 2018

(https://www.youtube.com/watch?v=E_vjPr3iERg)



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Tuesday - Week 3 - Activity 1:

ACTIVITY OBJECTIVE

Technical ball control with all surfaces of the feet

EQUIPMENT

Ball, 3 cones or markers 5 yards (certain drills will only require using 2 cones 10 yards apart)

SET-UP

3 markers - spacing varies (see video and instructions below)

ACTIVITY PROCEDURE & PROGRESSION

40 second intervals then 30 second rest (8 min rounds x 2 rounds)

- 1.) 3 Cones Tick Tocks (markers, 1 yard apart)
- 2.) Laces Roll alternating R/L foot (2 markers, 10 yards apart)
- 3.) Laces-Laces Accelerate R/L foot (3 markers, 5 yards apart) laces to middle marker, accelerate to last marker
- 4.) Inside Outside Inside (2 markers, 10 yards apart)
- 5.) Forward Toe Touches (2 markers, 10 yards apart)
- 6.) Backward Toe Touches (2 markers, 10 yards apart)
- 7.) Roll Move (3 markers, 5 yards apart) END VIDEO

Video Example of Activity

(<https://www.youtube.com/watch?v=EwBAjAo7qV4>)





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Tuesday - Week 3 - Activity 2:

ACTIVITY OBJECTIVE

See Video Link Below

EQUIPMENT

computer, iPad, phone, etc.

SET-UP

No Setup

ACTIVITY PROCEDURE & PROGRESSION

CRISTIANO RONALDO ► SKILLS AND GOALS ► 2020

(<https://www.youtube.com/watch?v=JZQjuiTRg-k>)





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Tuesday - Week 3 – Reflection:

How do you think the ball work you completed today can help you in games? Were you able to master the touches at game speed? If you were not able to start slow under control and increase speed as you find more success.

Do you think Ronaldo and other great players worked on their individual ball control on their own/outside of team training?

Tuesday - Week 2 – Observation:

Ronaldinho: 14 Ridiculous Tricks That No One Expected
(<https://www.youtube.com/watch?v=pynDvIsLoU0>)



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Wednesday - Week 3 - Practice Activity 1:

ACTIVITY OBJECTIVE

Footskills

EQUIPMENT

Ball, Cones/socks/obstacles

SET-UP

Randomly assort cones/obstacles in an area

ACTIVITY PROCEDURE & PROGRESSION

30 second intervals then 30 second rest - Dribble at any cone then:

1. Inside Cut
2. Outside Cut
3. Stop/Go
4. Scissors
5. L-Cut
6. Cut/Cut
7. Pull Back outside push
8. Pull Back inside push
9. **Your choice**





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Wednesday - Week 3 - Practice Activity 2:

ACTIVITY OBJECTIVE

Watch the Clips below

EQUIPMENT

computer, iPad, phone, etc.

SET-UP

Watch and Review

ACTIVITY PROCEDURE & PROGRESSION

Watched the linked videos below and answer questions:

For Girls - [Women's Crazy Football • Skills Tricks & Goals | HD |](https://www.youtube.com/watch?v=C3mEzh4wOj4&app=desktop)
(<https://www.youtube.com/watch?v=C3mEzh4wOj4&app=desktop>)

For Boys - [The Most Beautiful Dribbling Skills & Tricks #9](https://www.youtube.com/watch?v=5JTd5CgrPVY&app=desktop)
(<https://www.youtube.com/watch?v=5JTd5CgrPVY&app=desktop>)

Wednesday - Week 3 – Reflection:

What was the best move in the video?

What do you think gives players the ability to complete these moves?

Wednesday - Week 2 – Observation:

[Ronaldinho Best Skills With Commentary / Crowd Reaction](https://www.youtube.com/watch?v=EiIHHiJdVo8)
(<https://www.youtube.com/watch?v=EiIHHiJdVo8>)



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Thursday - Week 3 - Activity 1:

ACTIVITY OBJECTIVE

W Drill - Fitness with the ball, ball control

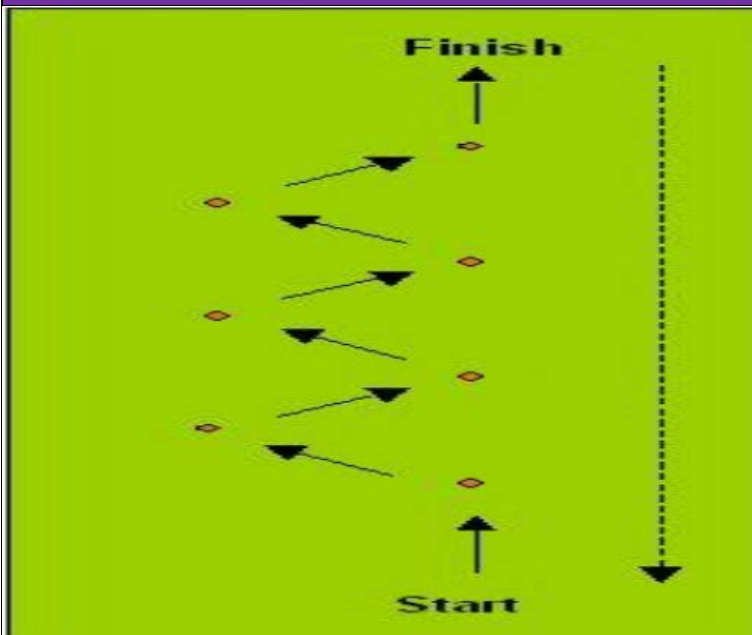
EQUIPMENT

5 cones, ball

SET-UP

Set the cones up in a "W" shape, about 5 yards apart from each other

ACTIVITY PROCEDURE & PROGRESSION



Start at one end of the "W", attack the second cone, staying tight to the outside of the cone, turn towards the third cone and attack. Attack all five cones at speed, repeat. You can do different variations - attack the cone using only the bottom of your foot and rolling the ball. Once getting to the second cone, do the same rolling motion with the bottom of your foot, jogging backwards with the ball to the next cone. Be creative!



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Thursday - Week 3 - Activity 2:

ACTIVITY OBJECTIVE

Reactive cone drill, fitness with the ball

EQUIPMENT

4 Cones (all different colors), ball

SET-UP

Set the cones in a square shape, about 5-10 yards apart from each other

ACTIVITY PROCEDURE & PROGRESSION

Start in the middle of the square, have a friend or parent shout out one of the colors of the cones. As they shout that color, you must react as quick as you can with the ball at your feet, dribble to that cone, around and back to the middle of the square. Go for 30sec-1min intervals. Repeat and have your partner calling out different colors to test your reactions!





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Thursday - Week 3 – Reflection:

How quick can you complete the W drill and what was your best time?

How does the reaction drill translate to a game situation?

Thursday - Week 3 – Observation:

Colored Cones Cognitive Reaction Drill | Instant
Speed

(<https://www.youtube.com/watch?v=Hthsp7fWtE0>)



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Friday - Week 3 - Practice Activity 1:

PRACTICE 1 ACTIVITY

Full Body Exercise

EQUIPMENT

None

SET-UP

a good 5 x 5 yd. space

ACTIVITY PROCEDURE & PROGRESSION

Follow video and focus on effectively executing the exercises. go step by step.

If the exercise is hard, then try a little and do more each other day to find proficiency.

Ultimate 20 Minute Full Body Workout for Kids

(<https://www.youtube.com/watch?v=WmGjxU3Ggko>)





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Friday - Week 3 - Practice Activity 2:

ACTIVITY OBJECTIVE

Aerobic exercise

EQUIPMENT

4 cones/bottles/markers of any kind

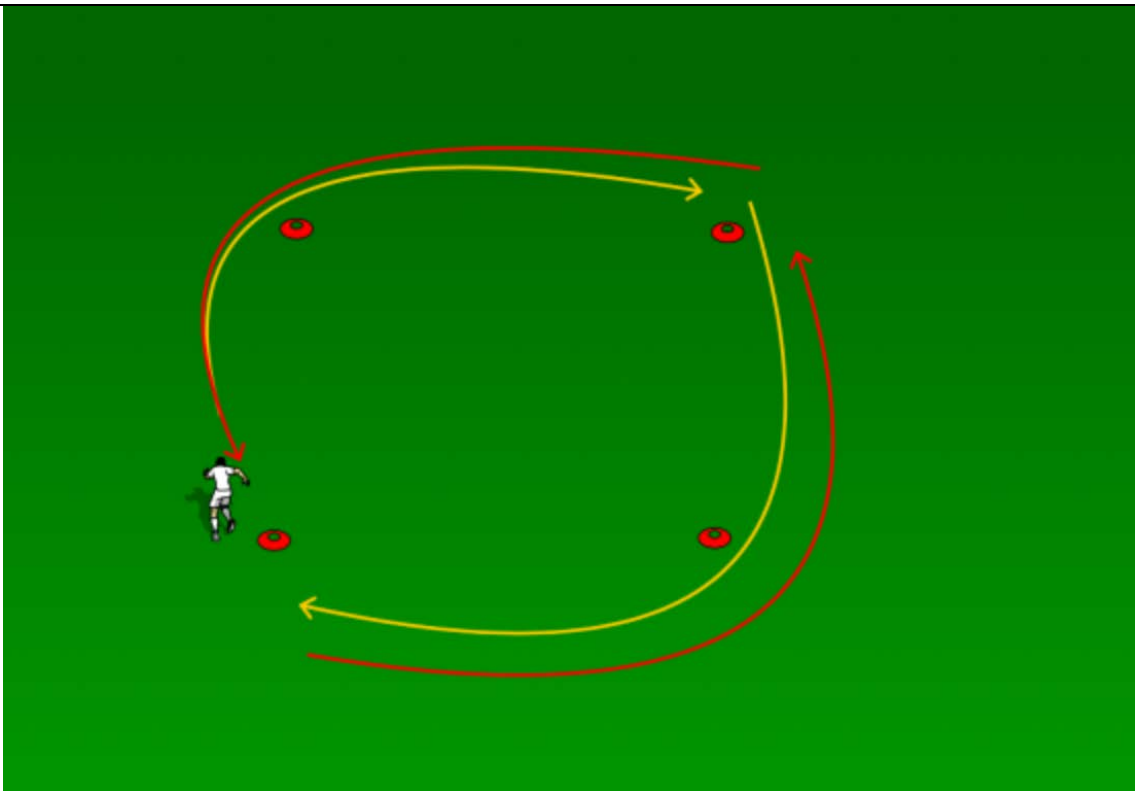
SET-UP

4 cone box 6 or 8 yds. apart

ACTIVITY PROCEDURE & PROGRESSION

Exercise Clockwise for 2 reps, and counterclockwise for 2 reps for a total of 4 reps. Do a set of 2.

1. Jogging
2. Back - peddling
3. Sprinting
4. side-running
5. karaoke run
6. one legged hop full lap
7. crabwalk
8. bear crawl





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Friday - Week 3 – Reflection:

Do you feel your body was strong enough in the exercises?

Do you think you can add some of these exercises to strengthen yourself for the season and for a long time?

Friday - Week 3 – Observation:

Lucas Torreira - The Ultimate Defensive Midfielder

(<https://www.youtube.com/watch?v=U5vAgXM4cz0>)