



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:

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.

U9-U10 WEEK 6 WORKOUT BELOW



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Monday - Week 6 - Practice Activity 1:

ACTIVITY OBJECTIVE

Fitness

EQUIPMENT

A nice open area

SET-UP

None

ACTIVITY PROCEDURE & PROGRESSION

100 Challenge

1. 25 pushups
2. 25 sit ups
3. 25 squats
4. 25 jumping jacks

Monday - Week 6 - Practice Activity 2:

ACTIVITY OBJECTIVE

Fitness Running

EQUIPMENT

Running Shoes/Indoor or Turf Shoes

SET-UP

An area to run

ACTIVITY PROCEDURE & PROGRESSION

Run 1 mile without stopping while maintaining a constant pace



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Monday - Week 6 – Reflection:

Were you able to do the 100 challenge with ease or was it challenging?

is your fitness level as good as you thought it was?

Monday - Week 6 – Observation:

[ARGENTINA VS MEXICO - FINAL BOYS - FULL MATCH -
DANONE NATIONS CUP 2017](https://www.youtube.com/watch?v=5SB5vR1VULs)

(<https://www.youtube.com/watch?v=5SB5vR1VULs>)



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Tuesday - Week 6 - Activity 1:

ACTIVITY OBJECTIVE

Tight turns to beat defenders

EQUIPMENT

Ball, wall (or partner)

SET-UP

Stand 10 yards from your wall or partner - no equipment necessary other than a ball

ACTIVITY PROCEDURE & PROGRESSION

If using a wall - stand 10 yards from the wall, play a firm pass with the inside of your foot off the wall. Once it gets back to you, start by using the inside of your right foot, dip your left shoulder, and turn to the left. Repeat using your left foot, dipping your right shoulder, and turning to your right. *Remember to check your shoulder before turning* Do multiple reps with inside of feet, then repeat using the outside of your foot. If using a partner - have them play you firm passes on the ground and then do your turns.

Must watch! Helps visualize what I'm looking for.

[RECEIVING TO TURN \(ID3 SOCCER ACADEMY, PROFESSIONAL SOCCER TRAINING, COERVER SKILLS\)](https://www.youtube.com/watch?v=pZUwpMXRbBs&feature=youtu.be)

(<https://www.youtube.com/watch?v=pZUwpMXRbBs&feature=youtu.be>)



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Tuesday - Week 6 - Activity 2:

ACTIVITY OBJECTIVE

Bringing the ball out of the air and turning to beat defenders

EQUIPMENT

Ball, partner or wall

SET-UP

Stand 10-15 yards from your partner or wall

ACTIVITY PROCEDURE & PROGRESSION

Depending on how the ball is served to you from the wall or your partner, you must bring the ball down out of the air and do one of the turns from above to beat the defender. Obviously, this adds a degree of difficulty and you will change how you bring the ball down depending on where the ball is served to you. Try using your chest, thigh, or even laces to get it down. Once you get it down - gather yourself and do one of the turns from above to complete the exercise. Repeat for multiple repetitions.

[1 to 1 Aerial Ball Control and Passing](#)

(<https://www.youtube.com/watch?v=tPk3REbDM7E&feature=youtu.be>)



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Tuesday - Week 6 – Reflection:

How can we create a game-like scenario with this drill and what do we need to do every time before turning to be successful?

What part of the body was easiest for you to bring the ball down out of the air? See if you can apply that to the next game/scrimmage you play in.

Tuesday - Week 6 – Observation:

[Lionel Messi • 10 Deadliest Turns & Change of Directions Ever ||HD||](#)

(<https://www.youtube.com/watch?v=Bc0SMu6W7JA&feature=youtu.be>)



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Wednesday - Week 6 - Practice 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)

LINK TO VIDEO EXAMPLES - <https://www.youtube.com/watch?v=EwBAjAo7qV4>

- 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

[Technical soccer dribbling skills for kids](https://www.youtube.com/watch?v=EwBAjAo7qV4)

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



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Wednesday - Week 6 - Practice Activity 2:

ACTIVITY OBJECTIVE

Chest trap into space

EQUIPMENT

A soccer ball

SET-UP

Find an open space with no roof or a very high roof. This can be done alone by throwing the ball up into the air or with a partner throwing you the ball

ACTIVITY PROCEDURE & PROGRESSION

- "Direct the ball forward, left, right, and backward 10 times each, repeat drill 3 times 1. The body should be positioned behind the flight of the ball.
2. Knees should be slightly bent.
 3. Elbows should be held away from the body and hands clear of the chest surface.
 4. Keep the shoulders and hips square to the ball.
 5. Lean back slightly from the trunk of your body to absorb the pace of the ball.
 6. Withdraw the chest immediately as the ball is touched.
 7. Slightly concave your back to cushion the ball.
 8. Touch the ball down to your feet.
 9. Lean forward over the ball.
 10. Move first touch to space and accelerate. "

[How To Do A Chest Trap In Soccer - Perfecting A Chest Trap In Soccer](https://www.youtube.com/watch?v=nsHNTgmpfxo)

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



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Wednesday - Week 6 – Reflection:

Which surface of your foot are you the most comfortable using?

How often do you use your chest?

Wednesday - Week 6 – Observation:

[Most Epic Ball Controls In Football • Amazing First Touch](https://www.youtube.com/watch?v=rIjS70QzLBw)

(<https://www.youtube.com/watch?v=rIjS70QzLBw>)

Thursday - Week 6 - Activity 1:

ACTIVITY OBJECTIVE

Journaling

EQUIPMENT

Pen and paper

SET-UP

Desk and a quiet place to think, strategize and write.

ACTIVITY PROCEDURE & PROGRESSION

Take the time to write about the trainings you have done thus far. What were some trainings that you enjoyed and at the same time, improved your skills? Think about what kind of a soccer player you want to become. what position? and research that position until you understand it so that you can become the best at what you want!

[Red Bulls Academy Journal](https://www.redbullsacademy.com/training/player-tools/journal-writing/)

(<https://www.redbullsacademy.com/training/player-tools/journal-writing/>)



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Thursday - Week 6 - Activity 2:

ACTIVITY OBJECTIVE

First type of training after journaling

EQUIPMENT

Ball, cones, whatever YOU need.

SET-UP

whatever YOU desire.

ACTIVITY PROCEDURE & PROGRESSION

Set up a drill that you think will help you become a better player. You can spend the time watching soccer games, trainings, or go through the PRO trainings to get yourself to start a new, but PLANNED journey to the best soccer player you can be.

Thursday - Week 6 – Reflection:

Have you journaled before?

What were some of the things you thought of? was it easy for you write? (if not, then you must keep writing about anything and everything even if trivial until you can get into a rhythm.)

Thursday - Week 6 – Observation:

[Writing a Diary Journal with Your Young Child](#)

(<https://www.youtube.com/watch?v=PCK30FfHN20&feature=youtu.be>)



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Friday - Week 6 - Practice Activity 1:

PRACTICE 1 ACTIVITY

10 Min Soccer Cardio Blast

EQUIPMENT

soccer ball

SET-UP

watch video, small area to work inside or outside w/ ball

ACTIVITY PROCEDURE & PROGRESSION

WATCH VIDEO; 30 seconds each

Foundation, up an back, side to side,

drags, up and back, side to side,

tap and pull, tap and roll, drag laces, squeeze push, combine the two,

right foot drags, up and back, side to side, left foot drags, up and back, side to side, roll in and out, tap-tap roll, laces x3 drag x6

[10 Minute Soccer Cardio Blast | YFutbol](https://www.youtube.com/watch?v=o8ajiHDCf18&feature=youtu.be)

(<https://www.youtube.com/watch?v=o8ajiHDCf18&feature=youtu.be>)



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Friday - Week 6 - Practice Activity 2:

PRACTICE 1 ACTIVITY

Box Run

EQUIPMENT

4 cones or markers

SET-UP

watch video END 3:39; create 10-12-yard box cones or markers

ACTIVITY PROCEDURE & PROGRESSION

Jog 1 full lap of square; sprint 1 side of square; jog 3 sides; sprint 2 sides of square, jog 2 sides; sprint 3 sides of square, jog 1 side; sprint all 4 sides of square to finish complete a second round with ball

[How To Improve Stamina | Essential Fitness Training
For Footballers/Soccer Players](https://www.youtube.com/watch?v=aFb8JUMramg&feature=youtu.be)

(<https://www.youtube.com/watch?v=aFb8JUMramg&feature=youtu.be>)



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Friday - Week 6 – Reflection:

Was it difficult performing the pull backs with little space?

Did you learn any new pull backs or speed moves?

Friday - Week 6 – Observation:

[A Brief History of David Beckham](#)

(<https://www.youtube.com/watch?v=Pkb2v3lhRJI>)