

STYSA PLAYERS - LOVE THE BALL !!!

WEEK 5 - 04/20/20

DAY	DESCRIPTION	13U - UP
MOTIVATIONAL MONDAY	Choose a fitness exercise sequence	Perform the 9 exercises from STYSA Chart (2 sets)
	Suggested Activity	10 Explosive Speed Exercises - No Equipment/Bodyweight Training You Can Do Anywhere
	Video Link	https://youtu.be/FYJJbwG_i8U
TV TUESDAY	Video Clip from Famous Soccer Player or YouTube Video Clip	Top 20 Goalkeeper Saves of the Decade 2010-2020
	Video Link	https://youtu.be/9m2TmL5YUek
	Words of Encouragement or Fun Fact	"Confidence, self-esteem, discipline, motivation. All these things I learned, whether I knew I was learning them or not, through sports" - Mia Hamm
WORKOUT WEDNESDAY	Do a Fitness Exercise Series	Perform the fitness exercises from STYSA Chart
	Water Break	Water Break
	Do a Running Exercise Series	Perform the running exercises from STYSA Chart
THIRSTY THURSDAY	Suggested Activity	<u>Perform 3 different skills with Topya! App. One each in Dribbling, Footwork and Speed/Strength</u>
	Additional skills set (protein or shake afterwards)	<u>Improve Your Footwork! - Switching Feet Training</u>
	Video Link	https://youtu.be/R-NBmHsu2DM
FLIX FRIDAY	Free Time	Watch a movie
	Enjoy a movie, game, etc.	Play a game/activity with your family
	Have FUN !!!	Talk to a friend today !!!
SQUAD SATURDAY	Challenge Squad to do same activity	Use TopYa! App and go to "Dribbling 2" and perform 3 skills (from first 5) - bonus play: perform skill #8
	Lights, Camera, Action !!!	See TopYa! App and after performing your activity, you can ask coach to grade it too - you did great !!!
	Send in Feedback to your Coach/Club	Which one was more difficult and why? Think on ways you can do this at a game
SELFIE SUNDAY	Take a Selfie in Soccer Gear or Performing a Soccer Move	Take a Selfie in Soccer Gear or Performing a Soccer Move
	Ask your parents	Ask your parents to share with the Club
	Share Photo with your Club	Send photo to stysasoccer@gmail.com with player name and age