

# STYSA PLAYERS - LOVE THE BALL !!!

# WEEK 6 - 04/27/20

DAY	DESCRIPTION	11U - 12U
MOTIVATIONAL MONDAY	Choose a fitness exercise sequence	Perform the 9 exercises from STYSA Chart (2 sets)
	Suggested Activity	Pick any 3 activities from the TopYa! App and enjoy the day with the soccer ball !!!
	Video Link	See TopYa! App and after performing your activity, you can ask coach to grade it too - you did great !!!
TV TUESDAY	Video Clip from Famous Soccer Player or YouTube Video Clip	50 Beautiful Ankle Breaking Skills 2019 - Amazing Skills & Goals by the Best Players
	Video Link	<a href="https://youtu.be/AveVUvDaQoM">https://youtu.be/AveVUvDaQoM</a>
	Words of Encouragement or Fun Fact	"I think there are a lot of things that soccer does in the communities that transcend the soccer field." – Brandi Denise Chastain
WORKOUT WEDNESDAY	Do a Fitness Exercise Series	Perform the fitness exercises from video link below - Full - 25 minute workout for kids and parents
	Video Link	<a href="https://youtu.be/dhCM0C6GnrY">https://youtu.be/dhCM0C6GnrY</a>
	Protein shake and relax !!!!!	You worked hard - thumbs up !!!
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>Perform 3 ball mastery skills from MLS training (more drills can also be found on our website)</u>
	Video Link	<a href="https://www.mlssoccer.com/trainwithmls#ballmastery">https://www.mlssoccer.com/trainwithmls#ballmastery</a>
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 "Aerial Control" and perform 3 skills (from first 5)
	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 <a href="mailto:stysasoccer@gmail.com">stysasoccer@gmail.com</a> with player name and age