

STYSA PLAYERS - LOVE THE BALL !!!

DAY	DESCRIPTION	13U - UP
MOTIVATIONAL MONDAY	Choose a fitness exercise sequence	Perform the 9 exercises from STYSA Chart
	Suggested Activity	<u>6 Basic Soccer Dribbling Footwork Patterns - YFutbol</u>
	Video Link	https://youtu.be/yRnRYHPKkQ
TV TUESDAY	Video Clip from Famous Soccer Player or YouTube Video Clip	Lionel Messi vs Cristiano Ronaldo - The Difference
	Video Link	https://youtu.be/elHZA2USPMQ
	Word of Encouragement or Fun Fact	"The rules of soccer are very simple, basically it is this: if it moves, kick it. If it doesn't move, kick it until it does" Phil Woosnam
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	Complete at least 5 Soccer Drills	<u>Ball Mastery - Coerver Coaching & Fast Footwork Part 1 - 30 *GREAT* Football drills for Ball Control</u>
	Video Link	https://youtu.be/leMYh7roBjk
	Protein Shake or Nutritional Snack	Reward yourself with a healthy snack !!!!!
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	How To Juggle a Soccer Ball - Basic Tutorial - YFutbol
	Juggling Challenge	https://youtu.be/Xqwuz0N8LeE
	Send in Feedback to your Coach	Tell your coach how many times you juggled the ball consecutively without touching the ground
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