

STYSA PLAYERS - LOVE THE BALL !!!

WEEK 3 - 04/06/20

DAY	DESCRIPTION	4U - 6U
MOTIVATIONAL MONDAY	Choose a fitness exercise sequence	Perform 3 exercises (3 sets of 10 reps each) - jumping jacks, sit-ups, etc. (Mom, Dad or Sibling to help)
	Suggested Activity	Pick any 3 activities from the TopYa! App (Tiny Tykes) 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 !!!
 <p>YOU'LL NEVER WALK ALONE</p>	Video Clip from Famous Soccer Player or YouTube Video Clip	20 Most Beautiful Moments of Respect in Football (Soccer)
	Video Link	https://youtu.be/xn48cg2x6vo
	Words of Encouragement or Fun Fact for TV Tuesday	"You'll never walk alone" - the ball is your friend
WORKOUT WEDNESDAY	Do a Fitness Exercise Series	Perform 2 running activities (tag, freeze, jog in place, jumps, sprints) - Mom, Dad or Sibling to help
	Water Break	Water Break
	Do a Running Exercise Series	Perform 2 running activities (tag, freeze, jog in place, jumps, sprints) - Mom, Dad or Sibling to help
THIRSTY THURSDAY	Suggested Activity	<u>Perform 3 different activities from TopYa! from Cubs-Pirates and Princesses Section</u>
	Video/Link	<u>Ask mom or dad to film you in action !!!!</u>
	Protein Shake or Nutritional Snack	Reward yourself with a healthy snack !!!!!
FLIX FRIDAY	Free Time	Watch a movie
	Enjoy a video, game, etc.	Play a game/activity with your family ... or go TopYa!
	Have FUN !!!	Have FUN !!!
SQUAD SATURDAY	Challenge Squad to do same activity	Use TopYa! App and go to "Super Heroes" - perform Skill 10 "Maze Dribble" and any other 2 you like
	Lights, Camera, Action !!!	Upload your video to TopYa!
	Send in Feedback to your Coach	Take a picture in action and share with the Club
SELFIE SUNDAY	Take a Selfie in Soccer Gear or Performing a Soccer Move	Take a picture of your player in their STYSA jersey performing a soccer move (pick any TopYa! Activity)
	Ask your parents	Parents, please share with the Club !!!
	Share Photo with your Club	Send photo to stysasoccer@gmail.com with player name and age