

STYSA PLAYERS - LOVE THE BALL !!!

WEEK 3 - 04/06/20

DAY	DESCRIPTION	11U - 12U
MOTIVATIONAL MONDAY	Choose a fitness exercise sequence	Perform the 9 exercises from STYSA Chart
	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 !!!
 <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 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 in Dribbling, one in Footwork and one in Juggling</u>
	Video/Link	Take a video of yourself completing a skill and send it to the Club
	Protein Shake or Nutritional Snack	Reward yourself with a healthy snack !!!!!
FLIX FRIDAY	Free Time	TOP 10 GOALS - 2018 FIFA World Cup Russia
	Enjoy a video, game, etc.	https://youtu.be/Vw34wMAqWzc
	Have FUN !!!	Pick the best 3 goals (the ones you like) and share with your teammates - compare with their choices
SQUAD SATURDAY	Challenge Squad to do same activity	Use TopYa! App and go to "Dribbling 1" and perform Skills 2 and 3
	Lights, Camera, Action !!!	Upload your video to TopYa!
	Send in Feedback to your Coach	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