

STYSA PLAYERS - LOVE THE BALL !!!

WEEK 4 - 04-13-20

DAY	DESCRIPTION	13U - UP
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 !!!
TV TUESDAY	Video Clip from Famous Soccer Player or YouTube Video Clip	BEST Last Minute Goals EVER
	Video Link	https://youtu.be/ZMjYvnHgnXg
	Words of Encouragement or Fun Fact	"Success is no accident, it is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do" - Pele
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 4 different skills with Topya! App. One each in Aerial Control, Dribbling, Footwork and Speed/Strength</u>
	Additional skills set (protein or shake afterwards)	<u>Basic Soccer Turning Series – YFutbol</u>
	Video Link	https://youtu.be/J7zzBzbh8ug
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 stysasoccer@gmail.com with player name and age