

STYSA PLAYERS - LOVE THE BALL !!!

WEEK 5 - 04/20/20

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 !!!
TV TUESDAY	Video Clip from Famous Soccer Player or YouTube Video Clip	Use TopYa! App and go to "Lions - Out in Space" and perform 3 activities
	Video Link	See TopYa! App and after performing your activity, you can ask coach to grade it too - you did great !!!
	Words of Encouragement or Fun Fact	"To be in your children's memories tomorrow, you have to be in their lives today" - Barbara Johnson
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>Soccer Fast Feet for Kids - Four Minutes to Faster Feet</u>
	Additional skills set (protein or shake afterwards)	https://youtu.be/nZ969e90OK8
	Video Link	"I'm ready for that chocolate shake now ... :) "
FLIX FRIDAY	Free Time	Watch a movie
	Enjoy a movie, 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 "Lions - Out at Sea" and perform 3 activities
	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	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