

STYSA PLAYERS - LOVE THE BALL !!!

WEEK 2 - 03/30/20

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 !!!
TV TUESDAY	Video Clip from Famous Soccer Player or YouTube Video Clip	Top 40 Best Goals of the Decade 2010 - 2020
	Video Link	https://youtu.be/NFjKLAGRAAQ
	Words of Encouragement or Fun Fact	"I don't believe skill was, or ever will be, the results of coaches. It is a result of a love affair between a child and the ball." Roy Maurice Keane
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	Upload your video to TopYa! - video will be shown in our STYSA website - you did great !!!!!!!
	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	Use TopYa! App and go to "Dribbling 1" and perform Skill 1
	Lights, Camera, Action !!!	Upload your video to TopYa! - video will be shown in our STYSA website - you did great !!!!!!!
	Send in Feedback to your Coach/Club	Check out the Leaderboard on STYSA TopYa!
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