

STYSA PLAYERS - LOVE THE BALL !!!

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	<u>Soccer Fast Feet for Kids - Four Minutes to Faster Feet</u>
	Video Link	https://youtu.be/nZ969e90OK8
TV TUESDAY	Video Clip from Famous Soccer Player or YouTube Video Clip	U4 Soccer Drills for Parents
	Video Link	https://youtu.be/lruWilVfUmk
	Word of Encouragement or Fun Fact	"Let's get your Mom or Dad to help !!!"
WORKOUT WEDNESDAY	Do a Fitness Exercise Series	Perform 2 running activities (tag, freeze, jog in place, 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, sprints) - Mom, Dad or Sibling to help
THIRSTY THURSDAY	Complete at least 5 Soccer Drills	U4 Soccer Drills for Parents
	Video Link	https://youtu.be/lruWilVfUmk
	Protein Shake or Nutritional Snack	"Let's get your Mom or Dad to help !!!"
FLIX FRIDAY	Free Time	Watch a movie
	Enjoy a movie, game, etc.	Play a game/activity with your family
	Have FUN !!!	Have FUN !!!
SQUAD SATURDAY	Challenge Squad to do same activity	Dribble with the ball - see how fast you can go !!!
	Juggling Challenge	Dribble in a straight line !!!
	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
	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