

STYSA PLAYERS - LOVE THE BALL !!!

WEEK 2 - 03/30/20

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 "Cubs - Super Heroes" - perform skill 8 "Hawk and Arrow"
	Video Link	Upload your video to TopYa! - video will be shown in our STYSA website - you did great !!!!!!!
	Words of Encouragement or Fun Fact	"All kids need is a little help, a little hope, and someone who believes in them" Magic 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>
	Video/Link	https://youtu.be/nZ969e90OK8
	Protein Shake or Nutritional Snack	"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 "Dinosaur Land" - perform Skill 8 "Hungry Dinosaurs"
	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	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