

## Weekly At Home Skill Development - Beginner (U4/5/6)

June 26, 2020

For the U4/5/6 beginner who requires the support and guidance of a parent or responsible older sibling. Reference the video below for some ideas or a full “follow along” session:

- 4 Excellent skills that work on movement, balance and changing direction  
<https://www.youtube.com/watch?v=Wkhblnv1MeE>

### Parent Instructions

- For the full session:
  - Take a few moments to skim through the video linked above to have a general understanding of expectations (5 minutes).
  - Have all equipment required for the lesson handy (see below)
  - Follow the Coach and child along to the full session with your child Or pick and choose activities that might be fun to do together.
  - **Equipment Required (and alternatives)**
    - Four cones - (Lego's, socks, t-shirts)
    - Size 3 (8" diameter) soccer ball, or smaller, is preferred - (Volleyball or small beach ball, tennis ball)
- For the quick Physical Literacy Activities:
  - Take a few moments to watch the video and find the activities that might be fun (and safe) to do with your child and the space you have.
  - Think through the equipment you might need (or find creative alternatives)
  - Stick with an activity as long as is engaging
  - Don't be afraid to repeat activities during the week. Repetition of similar activities allows young participants to predict, process, and perform more effectively each time which builds their confidence to want to try something new.

### Coaching Points

- Go at your child's own pace for each activity...stay longer on the activities your child likes and feel free to move on from the ones they don't.
- The videos do not display the size of space that may be most appropriate for your child. Adjust spaces and distances as needed. You can run most activities appropriately in the living room, back yard, or local park.
- Participate with your child (this makes the activity fun and engaging).
- Be creative and explore the movements together. The skill execution does not need to be perfect and the activities do not need to be exactly as shown - if your child engages with something a bit different it is fun to explore that together.
- Once the lesson is done your child may enjoy a 1v1 game of soccer. Set up two goals, decide who scores on which goal and have fun!

[Hansport](#) is open should you need any specific soccer equipment.

### KYSA Challenge

- Share a short video with the KYSA community of your child participating in their soccer lesson by posting to Facebook or Instagram with the tag #TogetherWeAreKYSA.
- All submissions received by Thursday, July 5th, 2020 and which follow the rules above will be entered into a draw for a \$50 Hansport Gift Card.