

Individual Skill Development Program - For Players

Below are a variety of options for coaches to use to continue their learning and team building while away from the field.

Use any of the resources below for ideas on staying active with Soccer while at home,

- Set yourself a challenge everyday and document what you have done.
- Record and then watch yourself executing the skill. Review how you move...does it look smooth or awkward? How would you improve?
- Share your accomplishments with your friends, your team and/or with the club (tag us [@kysablaze](#) on FB and IG and use [#TogetherWeAreKYSA](#) - we'd love to know what you're up to).

Beginning Players (4/5/6/7 years old)

A resource has been put together to support those players who are young and new to the game. Parents can "play" with their child using any of the ideas presented [HERE](#)

Intermediate & Advanced Players

Below are some resources that have been put together by the KYSA and some that have been borrowed from other organizations. Players should pick and choose what interests them most and work on their skills at least 10 minutes a day (or more).

Before challenging yourself with the ideas linked below ask yourself these three questions:

- What is it that I already do well?
- Where do I want to improve?
- What am I truly willing to do to improve?

KYSA Individual Development Program - [HERE](#)

KYSA Video Analysis and Goal Setting - [HERE](#)

Red Bull Skills Challenge - [HERE](#)

Brampton SC Individualized Home Program - [HERE](#)

Other Resources

Follow the social media feeds below for daily ideas and motivation.

TWITTER: [@pamarsports](#)
[@BeastModeSoccer](#)
[@TheF2](#)

INSTAGRAM: [@jgiotraining](#)
[@mustafacaliskanmany](#)
[@womensfootba11](#)
[@skillchallenges](#)
[@BeastModeSoccer](#)
[@technfutbol](#)

YouTube: [Michael Lewis Cunningham](#)
[F2 Freestylers](#)