

## Weekly At Home Skill Development - Advanced (U9 to U18)

**July 17, 2020**

This week's video is about how to shoot a knuckle ball!

<https://www.youtube.com/watch?v=JQYBM0p-j6I>

### Skill Development

Make notes step by step on how to approach, step and strike the ball

### Coaching Points

1. **Get it right** – Do each step in the correct order and don't try to kick it too hard
2. **Get coordinated** - Start slowly and find your balance.
3. **Find your rhythm** - Once you have your coordination you will sense a rhythm to your movement.

### KYSA Challenge

- Set up a camera to record yourself (make sure the camera can see you and the ball clearly)
- Perform 5 repetitions back to back while recording yourself...don't worry if you make a mistake...just keep going! Try performing moving towards the camera then moving away from the camera.
- Share your short video (about a minute) with the KYSA community by posting to Facebook or Instagram with the tag #TogetherWeAreKYSA.
- All submissions received by Thursday, July 20th, 2020 and which follow the rules above will be entered into a draw for a \$50 Hansport gift card.