

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

**July 24, 2020**

This week's video is for the player wishing to be more explosive!

[https://www.youtube.com/watch?v=FYJJbwG\\_i8U](https://www.youtube.com/watch?v=FYJJbwG_i8U)

### Skill Development

no equipment needed... just some open space

### Coaching Points

1. **Get it right** – pick 1 or 2 of the activities and master them first
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 27th, 2020 and which follow the rules above will be entered into a draw for a \$50 Hansport gift card.