

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

July 17, 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:

- Dribbling activities for the youngster at home

<https://www.youtube.com/watch?v=tA1q8mOB-RQ>

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
 - Follow along to the full session with your child Or pick and choose activities that might be fun to do together.
 - **Equipment Required (and alternatives)**
 - Ball

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 20th, 2020 and which follow the rules above will be entered into a draw for a \$50 Hansport Gift Card.