

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

**May 15, 2020**

For the U9 to U18 mature, motivated, and independent learner. Participants will perform 100 to 500 Touches a Day (about 20 to 30 minutes of work) and will follow along to the video linked below:

<https://www.youtube.com/watch?v=b6j5j9PIYe8&list=WL&index=2&t=6s>

Break Up the skills as follows:

- Day 1 = Skills 1 to 5
- Day 2 = Skills 6 to 10
- Day 3 = Skills 11 to 15
- Day 4 = Repeat Day 1
- Day 5 = Repeat Day 2
- Day 6 = Repeat Day 3

### Skill Development

- Good = Perform 20 to 30 repetitions of each skill
- Better = Perform 50 to 60 repetitions of each skill
- Best = Perform 100 repetitions of each skill

### Fitness Development

- Good = Take a 1 minute break after each skill
- Better = Take a 30 second break after each skill
- Best = Take a 5 to 10 second break after each skill

### Coaching Points

1. **Get it right** - Be sure to perform each skill correctly. Watch the video and rehearse the skill a few times before starting your full repetitions.
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. When you find your rhythm you can begin to go faster and faster.
4. **Slow and sharp is better than fast and sloppy** - find a happy balance between speed and sharpness.
5. Once you begin a skill try to work through all of your repetitions without stopping.
6. Remember to do the same number of repetitions with each foot.

### KYSA Challenge

- Choose your favourite 5 skills from the 15 in the video.
- Set up a camera to record yourself (make sure the camera can see you and the ball clearly)
- Perform 5 repetitions of each skill back to back while recording yourself...don't worry if you make a mistake...just keep going! Try performing one skill moving towards the camera then the next skill moving away from the camera.
- No breaks allowed - move directly from one skill to the next.
- 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, May 21, 2020 and which follow the rules above will be entered into a draw for a \$50 Hansport gift card.