

## **Weekly At Home Skill Development - Beginner (U4/5/6), May 8, 2020**

For the U4/5/6 beginner who requires the support and guidance of a parent or responsible older sibling. Follow along to the video linked below:

<https://www.youtube.com/watch?v=wyViiBo12L8>

### **Parent Instructions**

- Expect the lesson with your child to occupy 30 to 60 minutes of time (depending on their level of focus and desire)
- 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 handy
- Watch the video with your child and participate, encourage and celebrate along with them and you follow Coach Nick (30 to 60 minutes)

### **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 video does not display the size of space that may be most appropriate for your child. Adjust spaces and distances as needed. You can run this session 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 then you should explore that with them..
- 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!

### **Equipment Required (and alternatives)**

- Small Goal (laundry basket, cardboard box)
- Four colours of cones - (Lego's, socks, t-shirts)
- Size 3 (8" diameter) soccer ball, or smaller, is preferred - (Volleyball or small beach ball, tennis ball)

[Hansport](#) is open for over the phone orders and pick-up 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, May 14, 2020 and which follow the rules above will be entered into a draw for a \$50 Hansport Gift Card.