

Weekly At Home Skill Development - Intermediate (U6/7/8/9)

May 29, 2020

For the U6/7/8/9 intermediate learner. Some support and guidance may be required from a parent or responsible older sibling. Follow along to the videos linked below in the order presented:

1. [Twist Off - Inside Foot](#)
2. [Twist Off - Outside Foot](#)
3. [Side Step](#)

Instructions:

1. Watch the video for each skill a few times (they are short videos) and follow along.
2. Try the skill a few times while:
 - a. Standing still
 - b. Walking forward
 - c. Running forward (first jogging, then sprinting)
3. Perform the skill when running towards a target (get as close to the target as you can)
4. Perform the skill while running towards a live opponent (a parent, a sibling or a dog)

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. Remember to do the same number of repetitions with each foot.
6. Set yourself a target of "how many can I do in 30s"...test yourself then try to beat your previous score.

KYSA Challenge

- Set up a camera to record yourself (make sure the camera can see you and the ball clearly)
- Perform all three skills against an opponent at a jogging or running speed.
- Share your short video (no more than a minute) 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, June 4th, 2020 and which follow the rules above will be entered into a draw for a \$50 Hansport gift card.