

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

July 3, 2020

This week's video is all about flicking the ball into the air from the ground

<https://www.youtube.com/watch?v=Fsqe5lcarn4>

Skill Development

Pick 2 to start with and master them before moving onto the next few.

Coaching Points

1. **Get it right** – both you and the server need to be on the same page so they throw the ball where you will be running.
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. Your server will need to find a rhythm as well if this trick is going to work.
4. Remember to do the same tricks with the other foot.

KYSA Challenge

- Choose your favourite 3 skills.
- 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, July 12th, 2020 and which follow the rules above will be entered into a draw for a \$50 Hansport gift card.