

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

June 5, 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=8XBSak8IUHE>

Break Up the skills as follows:

Day 1 = [The Matthews](#)

Day 2 = [The Fake Matthews](#)

Day 3 = [The Stop Start \(all variations\)](#)

Day 4 = [La Croqueta](#)

Day 5 = [The Fake Shot](#)

Skill Development

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

Fitness Development

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

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 3 skills from the 5 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, June 11th, 2020 and which follow the rules above will be entered into a draw for a \$50 Hansport gift card.