

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

**June 12, 2020**

A different video for you this week. As we transition back to being on the field this is a great opportunity to think about where you are and where you wish to be. Listen to this professional player talk about what he wishes he had done more of when he was younger.

<https://youtu.be/RaH7TWzsAOQ>

Where do you want to be and what are you doing to get better when you are on your own, with a friend, or with your team?

### Skill Development

Pick a favourite skill or activity (or a few) that you can do on your own and do them, everyday this week. You can look back through the videos we have shared here or pick a skill of your own.

- Good = Perform 20 to 30 repetitions the skill (or skills) each day
- Better = Perform 30 to 60 repetitions the skill (or skills) each day
- Best = Perform 60 to 100 repetitions the skill (or skills) each day

### Fitness Development

- Good = Take a 1 minute break before moving on to the next skill
- Better = Take a 30 second break before moving on to the next skill
- Best = Take a 5 to 10 second break before moving on to the next skill

### Coaching Points

1. **Get it right** - Be sure to perform each skill correctly. 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.
- 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 18th, 2020 and which follow the rules above will be entered into a draw for a \$50 Hansport gift card.