

# OPTIONAL

## Individual Training Videos & Activities



**P.R.I.D.E.**

Personal Responsibility In Delivering Excellence

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Founded 1994

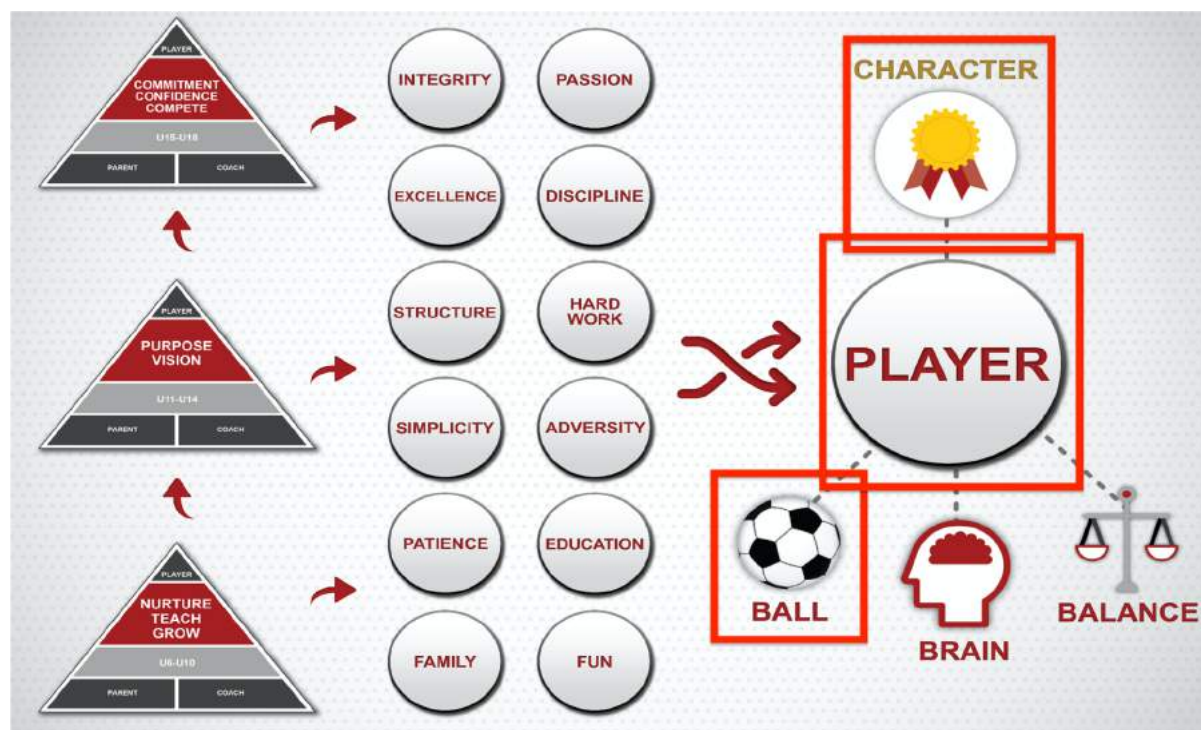
# MKS Player Development System



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Video Link Below:

<https://kydessoccer.com/about/philosophy/>

# Introduction



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***Staying HEALTHY and SAFE is the priority for all during this time off.***

*In an effort to stay engaged and active during these uncertain times we have put together some individual training videos and activities to assist you in staying active. These activities are **'OPTIONAL'** and not mandated, and we recommend that if you choose to partake, please do so in an individual and safe environment.*

*Players who desire to **'Individually Train'** can proceed **ONLY** with the permission of their parent(s) and under the direct supervision of their parent(s).*

*Since we are sending this to different age groups, we expect all to please use your judgement, modify, and change as needed.*

***"Think, Act, Be Creative"***

*Stay healthy and see you soon!!*

*Mickey Kydes  
Founder*

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### Video Link Below:

<https://www.youtube.com/channel/UCYilkMJ3GNCC8lyGpY8hRbg/videos>

## Ball Mastery #1 #2 #3 #4 #5



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## Ball Mastery

Set up a 4 yd square.  
Work on different  
combination of touches to  
master your ball control.

### Exercises

- 1 - Toe Taps
- 2 - Toe Taps\_Advanced
- 3 - Foundation
- 4 - Sole Foot Drag
- 5 - Sole Foot Drag & Laces



### Work Loads

Duration: 5 minutes

Work: 15 sec - Rest: 15 sec - x 10

Adjust time based on age / skill

**Video Link Below:**

<https://www.youtube.com/watch?v=enV2TXAAHpE>

## Ball Mastery #6 #7 #8 #9



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### Ball Mastery

Set up a 4 yd square.  
Work on different  
combination of touches to  
master your ball control.

#### Exercises

- 6 - V Move Same Foot
- 7 - V Move Both Feet
- 8 - Drag Back & Laces
- 9 - Drag Back & Laces  
Dribbling Around Cones



#### Work Loads

Duration: 5 minutes

Work: 15 sec - Rest: 15 sec - x 10

Adjust time based on age / skill

**Video Link Below:**

<https://www.youtube.com/watch?v=0ws2thbbEOM>

# Dribbling "Gates"



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## Dribbling

"Gates" Dribbling. Dribble through gates 1, 2, 3. Change gate combination.

### Exercises

- 1 - Basic Dribbling
- 2 - Gate 2
- 3 - Gate 1 & 3
- 4 - Gate 1, 2 & 3

### Work Loads

Duration: 7.5 minutes

Work: 20 sec - Rest: 25 sec - x 10

Adjust time based on age / skill



Video Link Below:

<https://www.youtube.com/watch?v=HEqV5ZdKdx8>



## Dribbling "Zig Zag" Cones



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### Dribbling

"Zig Zag" Dribble around yellow cones. Use diff. combin. of touches around each cone.

#### Exercises

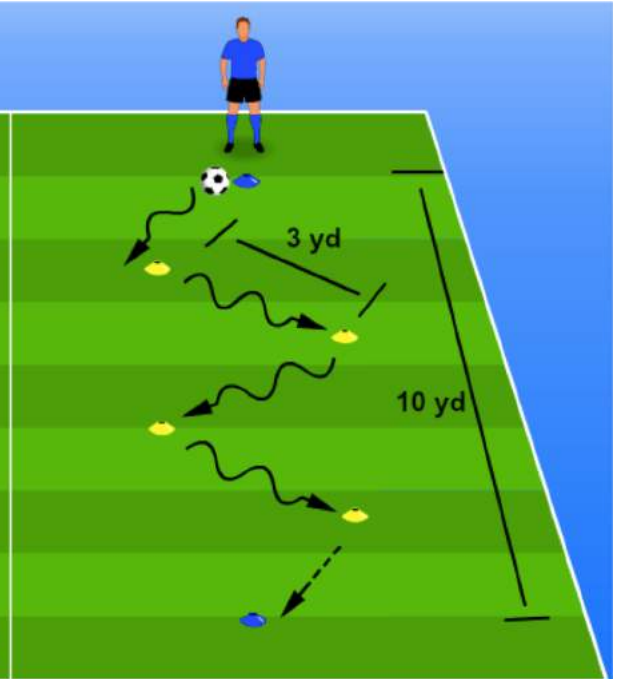
- 1 - Outside & Inside Foot
- 2 - Outside Foot Only
- 3 - One Foot Only

#### Work Loads

Duration: 8 minutes

Work: 20 sec - Rest: 40 sec - x 8

Adjust time based on age / skill



Video Link Below:

[https://www.youtube.com/watch?v=UQpNRz\\_pJ8I](https://www.youtube.com/watch?v=UQpNRz_pJ8I)



# 1 vs. 1 Moves



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## 1 vs 1 Moves

Dribble towards the yellow cone, execute a move to unbalance defender & dribble to blue cone.

### Exercises

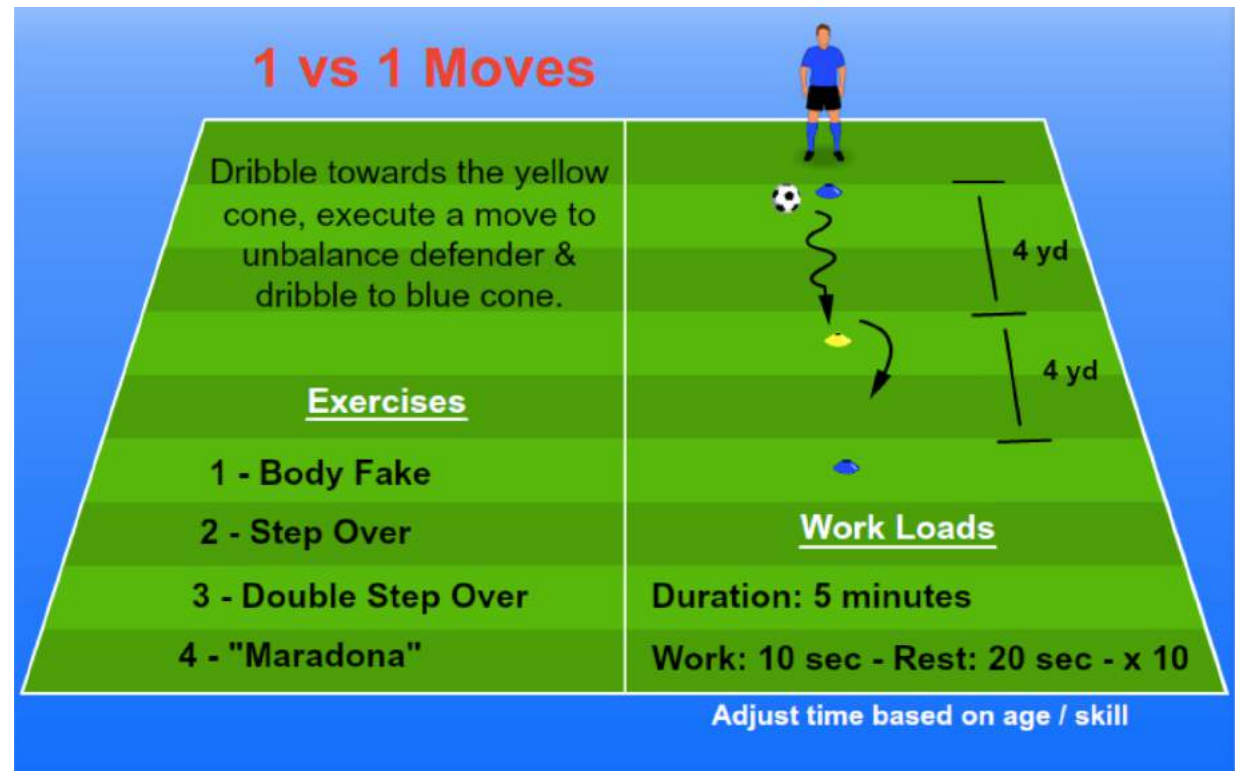
- 1 - Body Fake
- 2 - Step Over
- 3 - Double Step Over
- 4 - "Maradona"

### Work Loads

Duration: 5 minutes

Work: 10 sec - Rest: 20 sec - x 10

Adjust time based on age / skill



Video Link Below:

<https://www.youtube.com/watch?v=p4bOsKK7YIo&t=5s>

# Juggling Lifts Creativity



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**Video Link Below:**

<https://www.youtube.com/watch?v=5VnAlxXpvJE>

# Dribbling with Touch



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# Dribbling with Touch



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**Dribbling Touch 3**  
5 cones 5 steps/yards apart

Dribble and around each cone to end -  
Rest and walk around to start

1. Right foot
2. Left foot
3. Both feet

Repeat

Variations at Cones:  
- Full circle around cone  
- Chop before cone

If you dont have cones  
use any markers and  
simulate

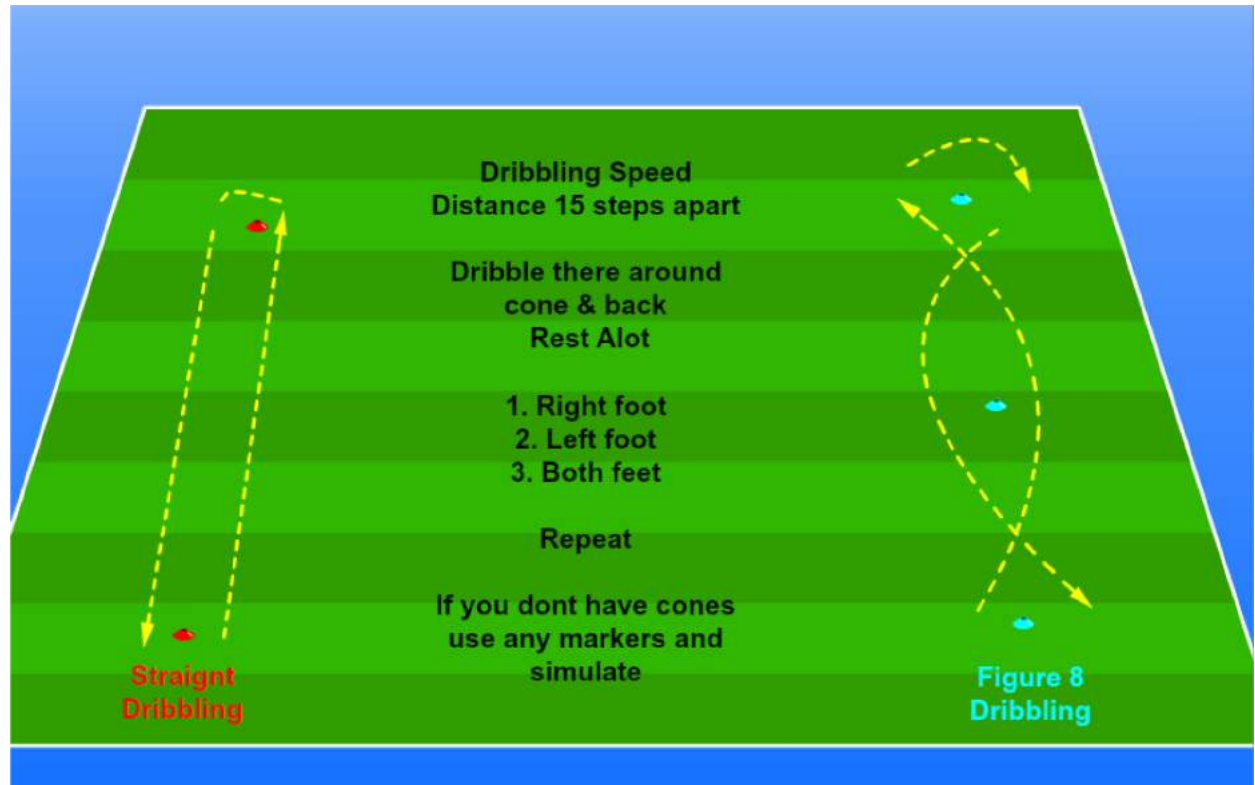
# Dribbling with Speed



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# Dribbling with Touch & Speed



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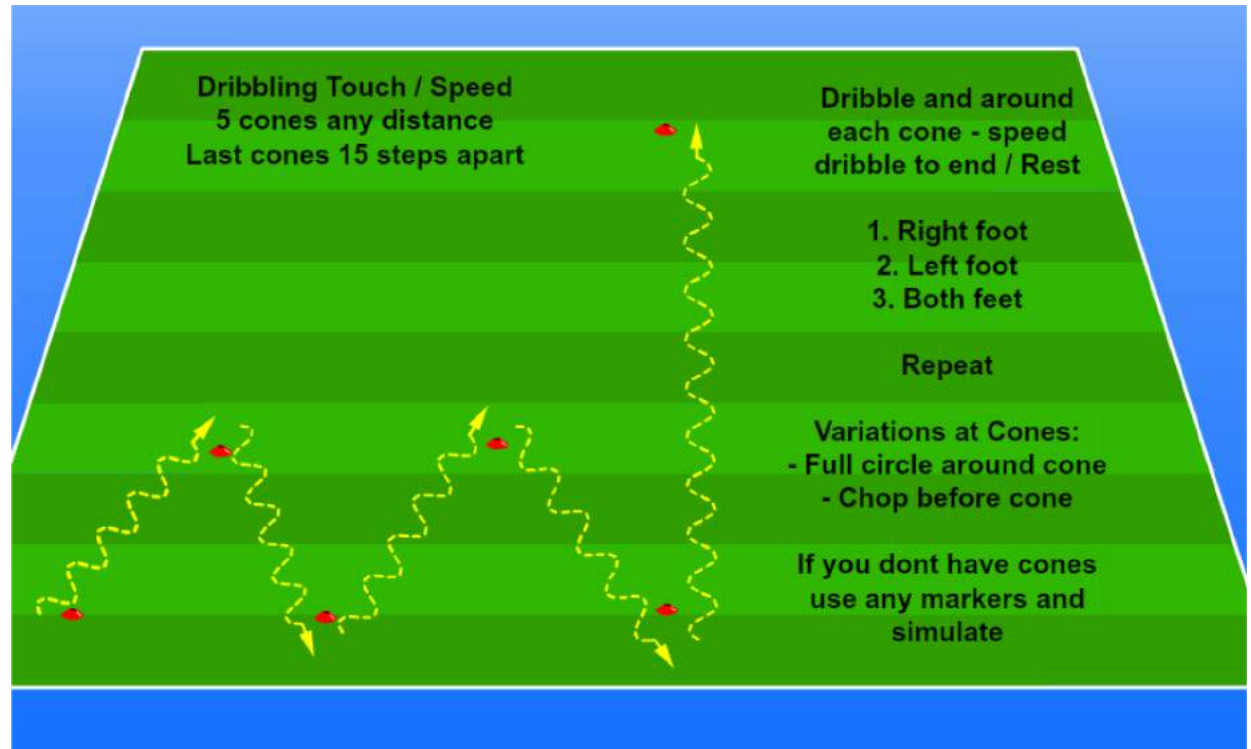
# Dribbling with Touch & Speed



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## Dribbling with Speed & Touch



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# Dribbling with Moves



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## Dribbling Moves Distance 15 steps apart

Dribble to middle cone - Make  
Move - go to next cone.  
Repeat the other direction  
Rest A lot

1. Change of Speed
  2. Change of Direction
  3. Snake Fake
  4. Step Over
  5. Any Move
- REPEAT

If you dont have cones use  
any markers and simulate

MOVE



# Dribbling with Moves



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Dribbling Double Moves  
Distance 20 steps apart

Dribble to cone - Move - next  
cone - Move - around cone  
and Repeat the other direction  
Rest Alot

1. Change of Speed
  2. Change of Direction
  3. Snake Fake
  4. Step Over
  5. Any Moves
- REPEAT

If you dont have cones use  
any markers and simulate



# Dribbling with Moves



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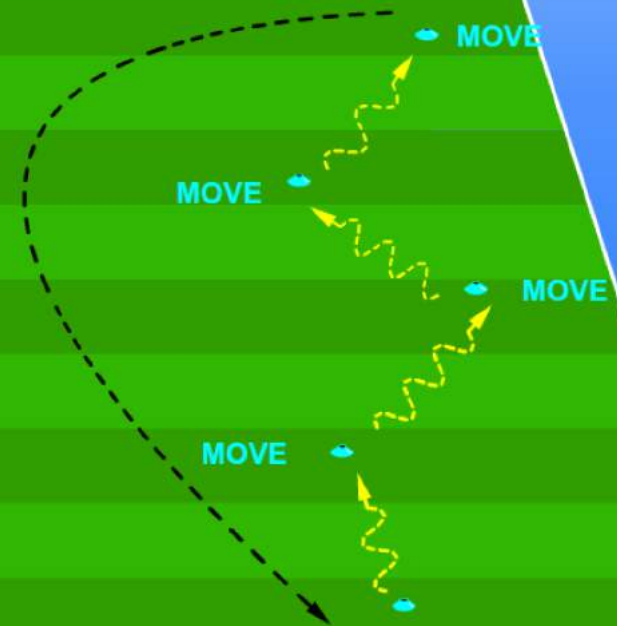
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Dribbling Multiple Moves  
Cones 8 steps apart

Dribble to each cone - Move -  
walk back & Rest

1. Change of Speed
  2. Change of Direction
  3. Snake Fake
  4. Step Over
  5. Any Moves
- REPEAT

If you dont have cones use  
any markers and simulate



# Agility



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# Stability



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## STABILITY Three Set up Options

- Always Accelerate to last cone  
- Walk Back



### Stability Jumping Options:

1. Straight one foot hop / jump
2. Straight two feet hop / jump
3. Sideways one foot hop / jump
4. Sideways two feet hop / jump
5. Backwards one foot hop / jump
6. Backwards two feet hop / jump

# Sprinting - Speed



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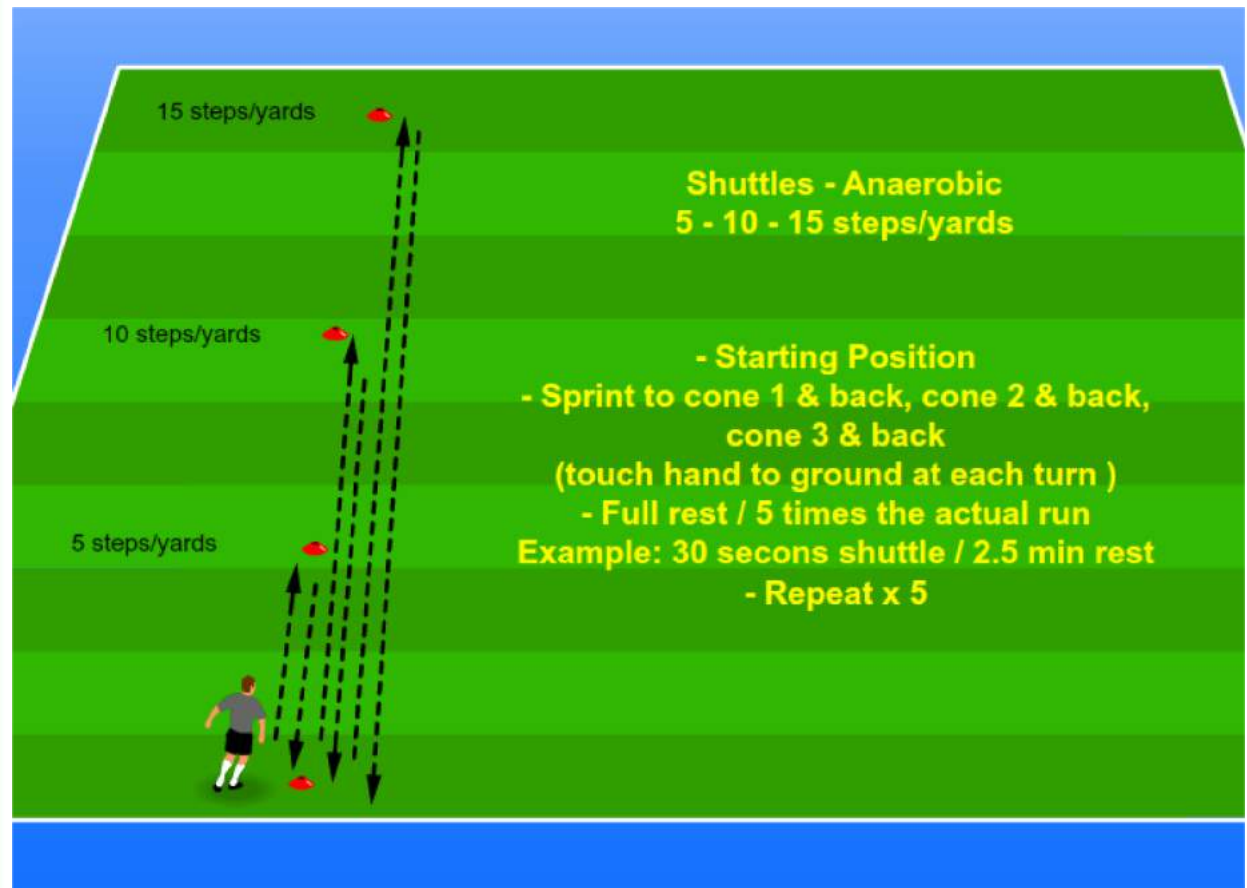
# Shuttles - Anaerobic



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# capelli<sup>®</sup> SPORT



[Beachside Training Videos](#)



**WE MISS YOU!  
STAY HEALTHY!**



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## **Leadership, Organization, Education & Execution**

### **Since 1994**

#### **MISSION STATEMENT**

*Mickey Kydes Soccer is dedicated to providing youth soccer players with a top flight soccer education. We will create a nurturing and supportive environment that will positively shape attitudes such as responsibility, work ethic, leadership and sportsmanship. Our consistent and challenging culture will develop in each player the technical, physical and emotional skills necessary to achieve success both on and off the field.*

**"Think, Act, Be Creative"**