



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

5/10/20

5/11/20

5/12/20

5/13/20

5/14/20

5/15/20

5/16/20

Technical

Technical Workout

Technical Workout

Challenge

Testing

Format

PDF - VIDEO

PDF - VIDEO

PDF - VIDEO

PDF - VIDEO

Tactical

Game Scenario

Match Analysis - Team

Match Observation

Format

PDF - VIDEO

PDF - VIDEO

PDF - VIDEO

Psychological

Visualization

Performance

Leadership

Reflection

Format

PDF

PDF

PDF

PDF

Physical

Strength Workout

Agility Workout

Foam Rolling Workout

Endurance Workout

Format

PDF - VIDEO

PDF - VIDEO

PDF - VIDEO

PDF - VIDEO

Social

Team calls

Competition 1

Competition 2

Presentation page

Call a teammate

Team social

Format

Calls / Webinars with Teams

Most #fusiontime by Team

Team of the Week

Draw A Picture OR Write a Poem

CALL

Message - Team Choice

Format

Coach Making Individual Calls

Coach Data Collection

What are you putting in?

What is your favorite thing about soccer?

Get to Know Your Teammate Form

Post on Social Media