



# Calendar - Perform Phase (U15/U16)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	3/23/2020	3/24/2020	3/25/2020	3/26/2020	3/27/2020	3/28/2020	3/29/2020
<b>Technical</b>	Testing	-	Workout	-	Workout	Challenge	-
<b>Format</b>	PDF	-	PDF - VIDEO	-	PDF - VIDEO	VIDEO	-
<b>Tactical</b>	-	Tutorial - Positional	-	Vocabulary	-	-	Match Observation
<b>Format</b>	-	WEBINAR	-	PDF - QUIZ	-	-	VIDEO LINK
<b>Psychological</b>	Goal Setting	Visualization	Relaxation	Motivation	Relaxation	Leadership	Reflection
<b>Format</b>	PDF - VIDEO	PDF	PDF	PDF	PDF	PDF	PDF
<b>Physical</b>	-	Strength Workout	-	Agility Workout	Foam Rolling Workout	-	Endurance Workout
<b>Format</b>	-	PDF - VIDEO	-	PDF - VIDEO	PDF - VIDEO	-	PDF
<b>Social</b>	Meeting - Team	Meeting - Positional	Social Media Post	Call Teammate	FIFA Tournament	Small-Sided Game	Challenge - Topya
<b>Format</b>	WEBINAR	WEBINAR	SELF VIDEO	PDF SCRIPT	TDBD	PDF + VIDEO	VIDEO