



## Calendar - Week 7

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Technical</b>		Technical workout		Technical workout		Challenge	
<b>Format</b>		PDF - VIDEO		PDF - VIDEO		PDF - VIDEO	
<b>Tactical</b>			Game Senario		Match Analysis - Team		Match Observation
<b>Format</b>			PDF - VIDEO		PDF - VIDEO		PDF - VIDEO
<b>Psychological</b>		Concentration		Performance		Relaxation	Reflection
<b>Format</b>		PDF		PDF		PDF	PDF
<b>Physical</b>			Strength Workout		Agility Workout	Foam Rolling	Endurance Workout
<b>Format</b>			PDF - VIDEO		PDF - VIDEO	PDF - VIDEO	PDF - VIDEO
<b>FIND TIME TO DO MORE #FUSIONTIME – NO DAY ASSIGNED</b>							
<b>Social/Competition</b>	"NEW"	Team calls	Competition 1	Competition 2	Presentation page	Call a teammate	Team social
<b>Format</b>		Calls/webinars with team	Most #Fusiontime by a team	Team of the week	Mothers day!	CALL	Message to "team choice"
		Coach making calls	Coach data collection	Did you make it?	Make a poster/card for mom	Look online for questions	Post on Social Media



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<b>Social/Competition</b>	"NEW"	Team calls	Competition 1	Competition 2	Poem	Call a teammate	Team social
<b>Format</b>		Calls/webinars with team	Most #Fusiontime by a team	Team of the week	Topic - Soccer	CALL	Message to "team choice"
		Coach making calls	Coach data collection	Did you make it?	Write a poem about soccer	Look online for questions	Post on Social Media