



Calendar - Week 5

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OFF	4/21/2020	4/22/2020	4/23/2020	4/24/2020	4/25/2020	4/26/2020
Technical		Technical workout		Technical workout		Challenge - Topya	Testing
Format		PDF - VIDEO		PDF - VIDEO		PDF - VIDEO	PDF - VIDEO
Tactical			Match Analysis - Team		Vocabulary Puzzle		Match Observation
Format			PDF - VIDEO		PDF		PDF - VIDEO
Psychological		Visualization	Concentration	Relaxation	Performance	Leadership	Reflection
Format		PDF	PDF	PDF	PDF	PDF	PDF
Physical			Strength Workout		Agility Workout	Foam Rolling	Endurance Workout
Format			PDF - VIDEO		PDF - VIDEO	PDF - VIDEO	PDF - VIDEO
FIND TIME TO DO MORE #FUSIONTIME – NO DAY ASSIGNED							
Social/Competition	"NEW"	Team calls	Competition 1	Competition 2	Presentation page	Call a teammate	Social Media Post
Format		WEBINAR	How long do you work out? Complete survey link	Team of the week Did you make it?	What makes you happy!	CALL	Make Video



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