



Calendar - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	4/6/2020	4/7/2020	4/8/2020	4/9/2020	4/10/2020	4/11/2020	4/12/2020
Technical	Workout		Workout		Testing	Workout	
Format	PDF - VIDEO		PDF - VIDEO		PDF - VIDEO	PDF - VIDEO	
Tactical		Vocabulary		Tutorial - The Fusion Way			Match Observation
Format		PDF		PDF - VIDEO			VIDEO
Psychological	Goal Setting	Visualization	Concentration	Relaxation	Performance	Leadership	Reflection
Format	PDF - VIDEO	PDF	PDF	PDF	PDF	PDF	PDF
Physical		Strength Workout		Agility Workout	Foam Rolling Workout		Recovery Workout
Format		PDF - VIDEO		PDF - VIDEO	PDF - VIDEO		PDF - VIDEO
Social	Call Teammate	Meeting - Team	Social Media Post	Challenge - Topya	FIFA Tournament	Small-Sided Game	Make Video
Format	PDF	WEBINAR	VIDEO	PDF - VIDEO	ONLINE	VIDEO	VIDEO



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