

GLOBAL PREMIER SOCCER

AT HOME SOCCER SERIES

Each session is broken into three parts: **Technical**, **Mental/Tactical**, and **Physical**

SESSION 22: We are entering week 8 of the At Home Soccer Series with a reminder that repetition is the key to technical development, so we circle back to our technical exercise from Session 1 of our At Home Soccer Series. We also look at three centre midfielders from the women's side of the game. We continue with the Athletic Way workouts, but also have created a list of workouts from our partner Adidas' Training app. We also have two more Live talks this week, starting with Scott Caldwell tomorrow, so tune in on Tuesday!

TECHNICAL: Back to where we started to make sure that our players are getting the repetition necessary to develop their technical ability. Make sure that you work hard and look to increase your speed to continue your improvement.

TACTICAL: Today, we continue looking at centre midfielders for our "player profiles," focusing on Julie Ertz (USWNT and Chicago Red Stars), Dzsenifer Marozsan (Germany and Lyon), and Danielle Van De Donk (Netherlands and Arsenal). Click the thumbnail to the right to watch individual videos and pick out what qualities make a top class centre midfielder.

PHYSICAL: For [The Athletic Way](#) workout, players can reset to Day 1, Week 1. We have also handpicked exercises from our partner Adidas' Training app that gives players one exercise for each day over the next 5 weeks. Find more information on the Adidas' Training App by clicking the image to the right.

LIVE: On Tuesday we will be joined by New England Revolution player Scott Caldwell on YouTube Live for a conversation on all things soccer. Make sure to check it out at 7:00PM EST. Click the image for the link.




**ERTZ
MAROZZAN
VAN DE DONK**



TRAINING

TUESDAY 5/12 | 7:00PM EST

 [YouTube.com/GlobalPremierSoccer](https://www.youtube.com/GlobalPremierSoccer)

Join us for a YouTube Live interview with:

Scott Caldwell

New England Revolution Midfielder #6

