



# Calendar - Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	OFF	4/14/2020	4/15/2020	4/16/2020	4/17/2020	4/18/2020	4/19/2020
<b>Technical</b>		Workout		Workout		Workout	
<b>Format</b>		PDF - VIDEO		PDF - VIDEO		PDF - VIDEO	
<b>Tactical</b>		Match Analysis - Player	Vocabulary	Tutorial - Positional			Match Observation
<b>Format</b>		PDF - VIDEO	PDF	PDF - VIDEO			VIDEO
<b>Psychological</b>		Visualization	Emotion Regulation	Concentration	Relaxation	Performance	Reflection
<b>Format</b>		PDF	PDF	PDF	PDF	PDF	PDF
<b>Physical</b>			Strength Workout		Speed Workout	Foam Rolling Workout	Endurance Workout
<b>Format</b>			PDF - VIDEO		PDF - VIDEO	PDF - VIDEO	PDF - VIDEO
<b>Social</b>		Call Coach	Social Media Post	Challenge - Topya	Social Media Post	Small-Sided Game	Webinar
<b>Format</b>		WEBINAR	Make Video	PDF - VIDEO	Online	VIDEO	WEBINAR



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