

GLOBAL PREMIER SOCCER

AT HOME SOCCER SERIES

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

#FOLLOWUPFRIDAY 2 / SESSION 6: We have sent out 5 sessions to this point, as well as a game day exercise and goalkeeping sessions. Sessions include technical videos on ball mastery, dribbling, and passing exercises as well as a combination of tactical, mental, and physical exercises for players to engage with. We hope that players have been able to use these to think about the game in different ways and have been able to work through them at their own pace. Today, we have a new technical exercise, 'Receiving to Dribble' as well as a special webinar from our partners at SportsRecruits for our players that are in the college recruitment process. Players also have the opportunity to submit more questions for our 'Ask A Coach' segment.

TECHNICAL: Today, we continue our focus on passing and receiving with a few exercises that allow players to focus on receiving to dribble. It is important that when we receive the ball, we have an idea of where we want to go with the ball and the ability to perform what we want to do. You will need some markers, a ball, and a passer for today's exercises.

Click the thumbnail to the right to view today's technical session.

SPORTSRECRUITS: Click the thumbnail to the right to access the SportsRecruits webinar for information on the recruitment process during this period.

ASK A COACH: We had some great questions submitted for our last video. Make sure to get yours in for the next video! We will be posting in on Wednesday.



**COVID-19 +
Your College Recruiting Process**

