

GLOBAL PREMIER SOCCER AT HOME SOCCER SERIES

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

SESSION 24: As we wrap up Week 8 of our At Home Soccer Series, we look back at our two LIVE Youtube sessions from the week with Scott Caldwell (New England Revolution) and Megan Dash (Houston Dash). Both offered really good points about what it takes to be the best that you can be as a player. We also have our two physical training offers. For our last component, it is a reminder that the Bundesliga is restarting play this weekend, with partner Bayern Munich playing on Sunday at 12:00PM EST v. Union Berlin

LIVE: We spoke to Scott Caldwell of the New England Revolution. Scott was part of the first academy class at the Revs and has worked his way to almost 200 appearances for the first team. He spoke about his journey from a youngster in Massachusetts to the first team of his local team. On Thursday night, we spoke with Megan Oyster, who is a professional player at the Houston Dash, about a number of topics including her time being a recruit at UCLA.

PHYSICAL: For [The Athletic Way](#) workout, players can move to Day 3, Week 1. Through the Adidas Training app, we have identified today's activity for you to be 'POWER UP' to work on your power. You can see the full workout plan and the links to download the app by clicking the link to the right.

TACTICAL: This weekend, Germany's Bundesliga resumes play. One thing that coaches always say is that players should watch more games. This may give you an opportunity to watch some new teams, new players, and new styles of play! Check out the league match ups for the weekend!

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

THURSDAY 5/14 | 7:00PM EST

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

Join us for a YouTube Live interview with:

Megan Oyster

Houston Dash Defender #11



TRAINING

