

GLOBAL PREMIER SOCCER

AT HOME SOCCER SERIES

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

SESSION 4: How did your game day exercise go yesterday? Today we are back with more activities, including the GPS Skills Corridor, an exercise in setting goals for yourself (something that is good for you to do both for soccer and outside of soccer), and for our last activity we are introducing 'Ask a Coach' where we want you to submit some questions to get a response. For more information on that and all your Session 3 activities, see below!

TECHNICAL: Put your skills to the test today in the GPS Skills Corridor! We have worked on ball mastery and different moves throughout the course of the At Home Soccer Series and now is time for you to put them all together. Click the thumbnail to the right to bring you to your next challenge!



MENTAL: As a soccer player, it is important to have the technical skills, the tactical knowledge, and the physical ability to put it all to work, but how often do you reflect and and set goals for yourself? How often do you think about what you want to be as a soccer player? Today we look at goal setting and help you think about what you want out of soccer. Click the image to the right to start your goal setting.



ASK A COACH: We want to hear from you! What soccer questions do you have for us? We are looking for your questions on the technical, tactical, physical, and mental sides of the game. Each time, we will pick out a few questions from players across of all GPS and will answer your questions in a video. Make sure your question is a good one if you want it to be selected! Click the image to the right to submit your question today!

