

GLOBAL PREMIER SOCCER

AT HOME SOCCER SERIES

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

SESSION 18: A reminder of the two Social Media Skills Challenges for the week: Wesley's Square and showing us your best roulette. We want to see which players out there can rise to the challenge! We also highlight three more full backs as part of our 'player profile' series, looking at three of the best full backs playing in the Women's game. Lastly, we move to Day 3, Week 3 of our at home workout. Be sure to keep active with the ball at your feet, the body weight exercises, and making sure that you are mentally engaged! As with all soccer training, you will achieve the most benefit by putting in your best effort.

TECHNICAL: This week we had a challenge from Wesley at Palm Beach Soccer Academy and our Roulette challenge. Make sure to post a video of your best attempts on social media and tag us @GlobalPremierSoccer as well as send in your soccer challenge for GPS players across the country.

TACTICAL: Today, we continue looking at full backs for our "player profiles," switching focus to the best female full backs in the world: Lucy Bronze (of England and Lyon), Crystal Dunn (of the USWNT and North Carolina Courage), and Ellie Carpenter (of Australia and Portland Thorns). Click the thumbnail to the right to watch individual videos and pick out what qualities make a top class full back.

PHYSICAL: Today we move to Day 3, Week 3 of our workout from [The Athletic Way](#). Once you open the link, you will see the 'Week 3' column in the table and all the workouts for the day. Click the link to the right to see the start of the workout plan and the accompanying video.

