



Calendar - Integration Phase (U13/U14)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	3/23/2020	3/24/2020	3/25/2020	3/26/2020	3/27/2020	3/28/2020	3/29/2020
Technical	Testing	-	Workout	-	Workout	Challenge	-
Format	PDF	-	PDF - VIDEO	-	PDF - VIDEO	VIDEO	-
Tactical	-	Tutorial - Positional	-	Vocabulary	-	-	Match Observation
Format	-	WEBINAR	-	PDF - QUIZ	-	-	VIDEO LINK
Psychological	Goal Setting	Visualization	Relaxation	Motivation	Relaxation	Leadership	Reflection
Format	PDF - VIDEO	PDF	PDF	PDF	PDF	PDF	PDF
Physical	-	Strength Workout	-	Agility Workout	Foam Rolling Workout	-	Endurance Workout
Format	-	PDF - VIDEO	-	PDF - VIDEO	PDF - VIDEO	-	PDF
Social	Meeting - Team	Meeting - Positional	Social Media Post	Call Teammate	FIFA Tournament	Small-Sided Game	Challenge - Topya
Format	WEBINAR	WEBINAR	SELF VIDEO	PDF SCRIPT	TDBD	PDF + VIDEO	VIDEO