



GLOBAL PREMIER SOCCER CALIFORNIA NEWSLETTER



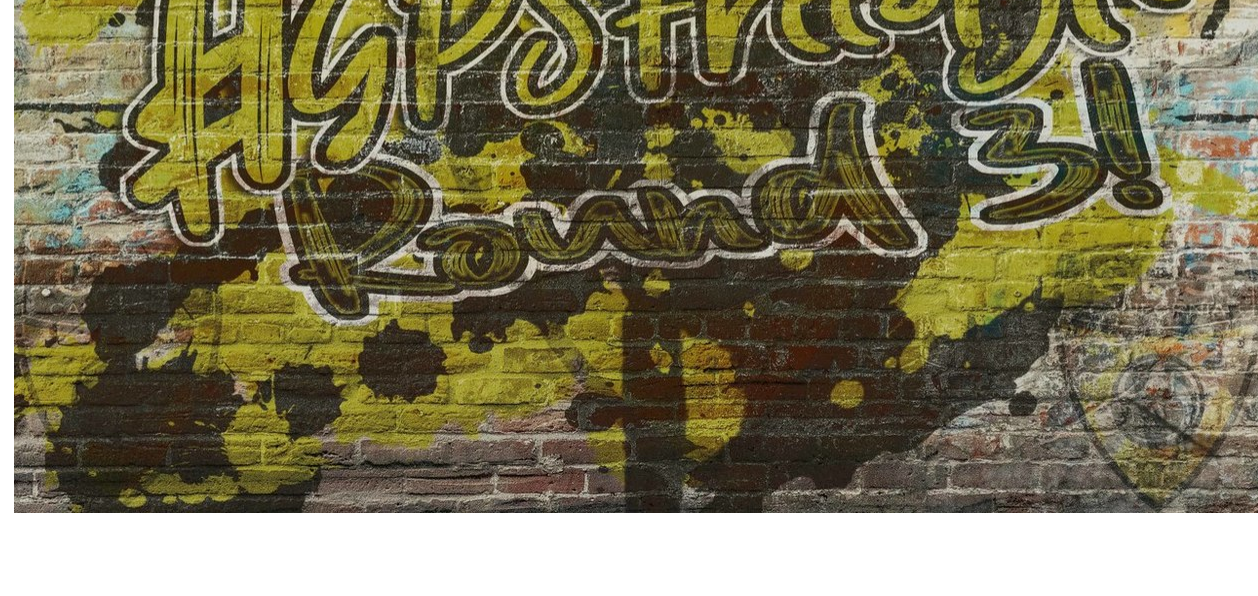
GLOBAL PREMIER SOCCER AT HOME SOCCER SERIES

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

GPS At Home Soccer Series

While you may not be able to practice with your teammates and coaches at the moment, there is still work that you can do at home to improve your skills on the field. With the GPS At Home Series, we have created exercises that you can work through that cover different aspects of soccer: technical, tactical, mental, and physical. Keep checking back for updated sessions!

- DAY 1
- DAY 2
- FOLLOW UP FRIDAY



#GPSFREESTYLE

The final round is out! What are you waiting for! We are looking for all the players from GPS California to:

Watch. Practice. Record.

Tag #GPSFREESTYLE

Tag our social platforms to stand a chance of winning a number of prizes. The players who can replicate our Freestyler - David Villa Señor - the best will be then voted on by the technical department based in Los Angeles for a chance to take home an assortment of coveted prizes.

The videos are split into 3 sections for beginners, an intermediate level and an advanced level to take David Villa Señor on at his own game. Who has the skills to pay the bills? Remember you have to be in it to win it.

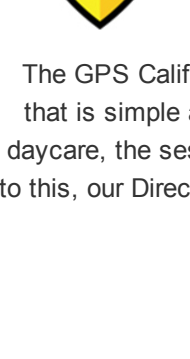
Congratulations to our winners so far:

- Round 1 Beginner: Bella Dumani from GPS Los Angeles 2009 girls
- Round 1 Intermediate: Brenden Baus from GPS Desert Cities 2009 Boys
- Round 2 Beginner: Gabi @gpstwins from GPS Los Angeles 2009 girls in Sherman Oaks
- Round 2 Intermediate: JT from GPS Desert Cities 2009 Boys
- Round 2 Advanced: Gavin from Santa Cruz and GPS California

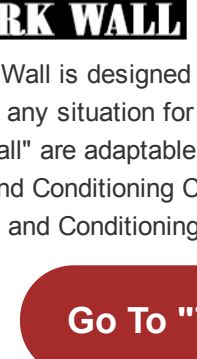
This is the last round. Just one more chance to claim your title as the king or queen of the #gpsfreestyle streets.

Watch. Practice. Record.

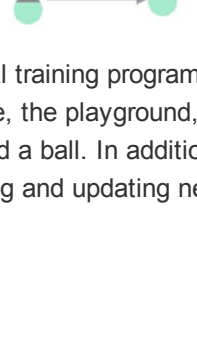
Tag #GPSFREESTYLE



GLOBAL PREMIER SOCCER CALIFORNIA
HOMework WALL



Pass
Control
Pass
Control



Pass
Control Around Cone >
Pass
Control Around Cone <

The GPS California Homework Wall is designed to be the centre of a supplemental training program that is simple and applicable in any situation for our players. Whether it is at home, the playground, daycare, the sessions "on the wall" are adaptable to any scenario. Just a player and a ball. In addition to this, our Director of Strength and Conditioning Chris Evans will be regularly posting and updating new Strength and Conditioning programs for your use also!


Go To "The Wall"



GLOBAL PREMIER SOCCER CALIFORNIA
SCOUT REPORT

The GPS California "Scout Report" is a chance to focus on a number of players each month and highlight them. Players from our clubs across the state are selected based on a number of factors whether it is GPS National Team Selection, collegiate selection, or doing something above and beyond for their local community on and off the field!

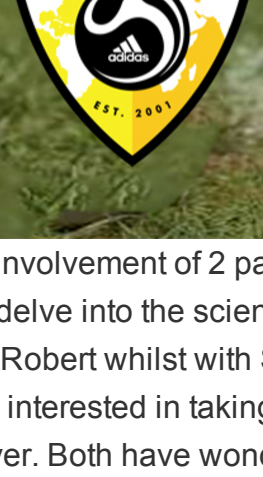
Scout Report



TEAM TALK

These months "Team Talk" comes from Los Angeles and the 2008 girls. Find out about the girl's stories from where they started to where they want to go and what makes them different to other teams.

Team Talk

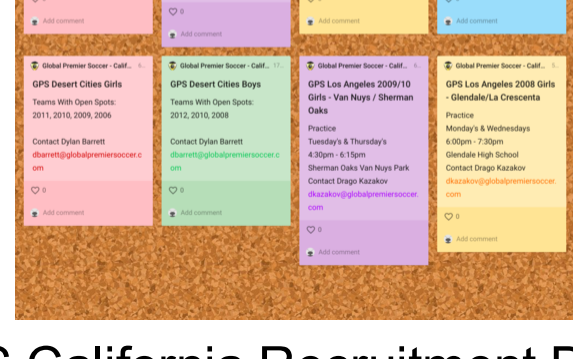


VIEW FROM THE SIDELINE

"View From The Sideline" this month looks at the life and involvement of 2 parents in Soccer. Dr Robert Gazmarian and Sean Dempsey. We delve into the science behind creating a healthy person and soccer player with Dr Robert whilst with Sean we are looking at how to support your children who may be interested in taking the college soccer route and developing the college-bound player. Both have wonderful insight into their fields and are both brilliant reads.

View From The Sideline

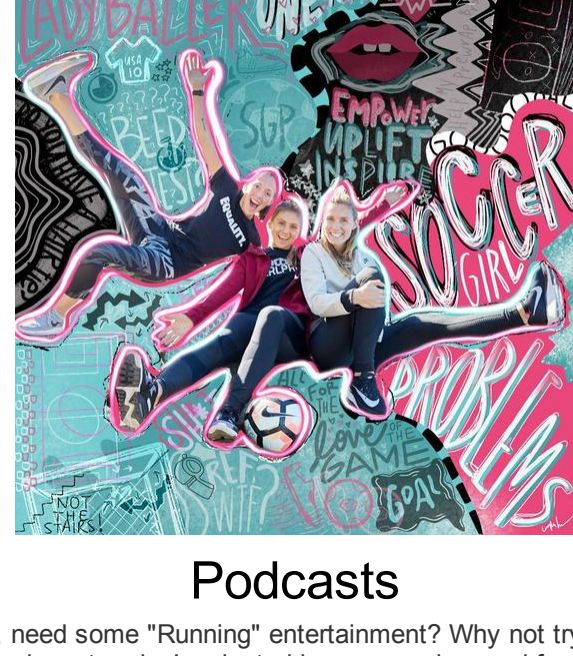
You May Have Also Seen...



GPS California Recruitment Board

Searching for a team? Use our recruitment board to find teams across the state!

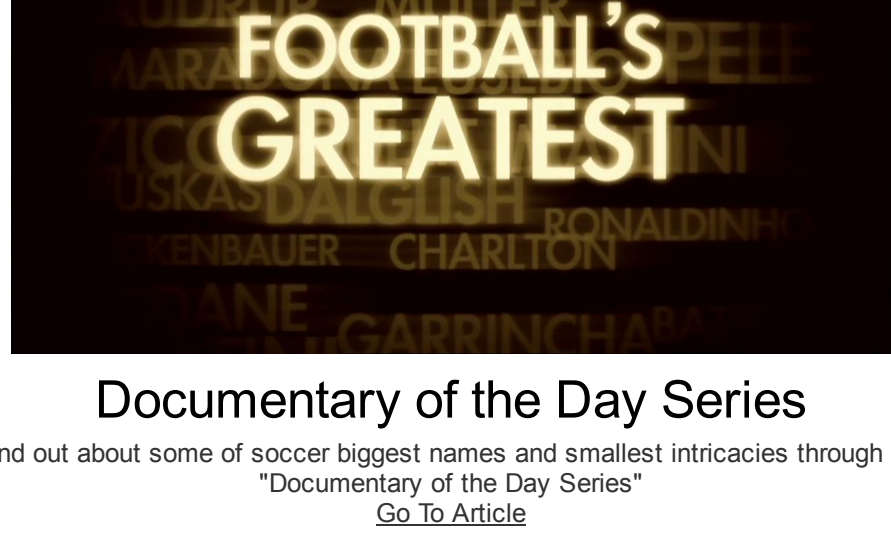
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Podcasts

On the road all day, need some "Running" entertainment? Why not try one of our favourite podcast series', selected by our coaches and fans

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Documentary of the Day Series

Find out about some of soccer's biggest names and smallest intricacies through our "Documentary of the Day Series"

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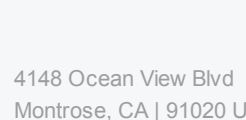
The Dugout

Are you a coach or just have an avid interest in coaching? The Dugout is our media hub for our coaches to extend their learning beyond courses and the field. In addition to our documentary and podcast series you can become the at-home soccer expert!

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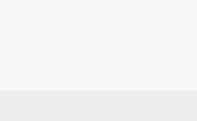
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