

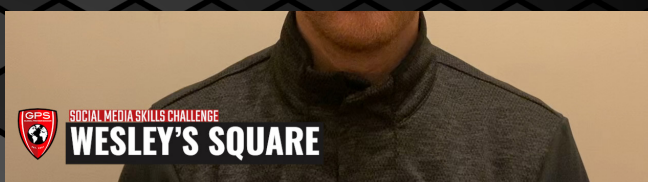
GLOBAL PREMIER SOCCER

AT HOME SOCCER SERIES

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

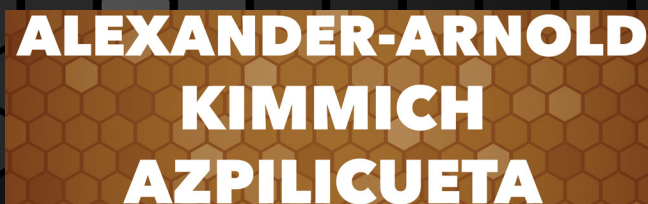
SESSION 16: Entering Week 6 of our At Home Soccer Series. This week for our Social Media Skills Challenges, we want you to set the challenge! We have one today coming from Florida and hope to feature more this week and in the sessions ahead. We also continue our look at player and position profiles, moving to some of the best full backs in the world. For our physical component, we move to Day 1, Week 3 of our home workout. We also have a section for submitting your 'Ask A Coach' questions with a new one coming out Wednesday.

TECHNICAL: For today's Social Media Skills Challenge, we have Wesley Etienne from Palm Beach Soccer Academy, who created a challenge for GPS players across the country. Click the picture to the right to see his challenge and submit your own challenge for the rest of the GPS Family!



SUBMIT YOUR CHALLENGE HERE

TACTICAL: We continue looking at "player profiles." What does it take to be the best player in a position? Moving to full backs, we have identified Trent Alexander-Arnold, Joshua Kimmich, and Cesar Azpilicueta as some of the world's best full backs. Click the thumbnail to the right to watch individual videos and pick out what makes a full back.



PHYSICAL: Today we move to Day 1, 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.

