

GLOBAL PREMIER SOCCER

AT HOME SOCCER SERIES

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

SESSION 7: As we enter week 3 of the At Home Soccer Series, we hope that everyone is doing well and is staying safe. Today, we continue our technical series before looking at how you can approach games and trainings to make sure that you are always preparing yourself to play at your very best. Do you have a set way of getting ready for games? A routine that you follow? What about after the game? Explore today's mental exercise to give you some guidance and help you better understand what is going on in your mind and body before, during, and after games and how to better control those things. One more reminder to get your questions in for our 'Ask A Coach' segment, with a new video out on Wednesday.

TECHNICAL: As we continue our work on passing and receiving, today our focus is on receiving in order to pass. Lots of times we have to take our first touch away from pressure, into a position that creates a little bit of space, because we see our next pass immediately, before then setting yourself to execute our pass. We have to vary how we receive the ball depending on the situation and being sure you are comfortable doing so is important. Click the thumbnail to the right to watch today's technical work.

MENTAL: As players, we always want to be best when it comes to our technique and physical abilities, but how often do you take time to improve and control the mental side of the game? Your ability to perform at your best is very much tied to how you mentally prepare. Click your age group's thumbnail to the right to explore how you can better control your mental preparedness.

ASK A COACH: We have good questions lined up for the next video. If you have not already, make sure to get yours in! We will be posting the new one on Wednesday.

