Parkland Soccer Club At Home Workouts | Assignments Plan

April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
Virtual Zoom Meeting with Team at 6pm	Warm-Up Technical: Soccer Skill Moves - 25 min Physical: Choose a Conditioning Option Assignment: Daily Schedule | Planner Assignment: Complete at Home Meal Planner	Warm-Up Technical: Soccer Dribbling Moves to Beat an Opponent- 25 min Physical: Choose a Conditioning Option Assignment: Group- What does PSC Crest Mean to You? Due to Coach Sunday	OFF Assignment: Interview Your Parents	Warm-Up CHALLENGE DAY- PICK A CHALLENGE AND A TEAMMATE Physical: Choose a Conditioning Option Assignment: Write a description about a player or coach who gave you motivation and confidence in a tough situation? Virtual Zoom Meeting with Team at 6pm	OFF Watch a Soccer Movie	*9:00 am CORE Workouts With Coach Edwin via Zoom* Warm-Up Physical: Choose a Conditioning Option
12	13	14	15	16	17	18
Submit assignments and accountability sheet to your coach (text or email). Virtual Zoom Meeting with Team at 6pm	Warm-Up Technical: Soccer Skill Moves - 25 min Physical: Choose a Conditioning Option Assignment: Complete at Home Meal Planner	Warm-Up Technical: Soccer Dribbling Moves to Beat an Opponent- 25 min Physical: Choose a Conditioning Option	OFF Assignment "How About You"	Warm-Up Physical: Choose a Conditioning Option CHALLENGE DAY- PICK A CHALLENGE AND A TEAMMATE Assignment: Create a team training session with specific details on what would happen in the session. Virtual Zoom Meeting with Team at 6pm	OFF Watch Player USWNT Player Pathway Videos. Assignments: Complete SMART Goals	*9:00 am CORE Workouts With Coach Edwin via Zoom* Warm-Up Physical: Choose a Conditioning Option
19	20	21	22	23	24	25
Submit assignments and accountability sheet to your coach (text or email). Virtual Zoom Meeting with Team at 6pm	Warm-Up Technical: Soccer Skill Moves - 25 min Physical: Choose a Conditioning Option Assignment: Complete at Home Meal Planner	Warm-Up Soccer Dribbling Moves to Beat an Opponent- 25 min	OFF Assignment: Create a new way to play soccer! 4 goals? 2 soccer balls? new rules? Whatever you decide.	Warm-Up Physical: Choose a Conditioning Option CHALLENGE DAY- PICK A CHALLENGE AND A TEAMMATE Virtual Zoom Meeting with Team at 6pm	OFF Watch a Soccer Movie	*9:00 am CORE Workouts With Coach Edwin via Zoom* Warm-Up Physical: Choose a Conditioning Option
26	27	28	29	30		
Submit assignments and accountability sheet to your coach (text or email). Virtual Zoom Meeting with Team at 6pm	Warm-Up Technical: Soccer Skill Moves - 25 min Physical: Choose a Conditioning Option Assignment: Complete at Home Meal Planner	Warm-Up Soccer Dribbling Moves to Beat an Opponent- 25 min	Assignment: What has been your favorite	Warm-Up Physical: Choose a Conditioning Option CHALLENGE DAY- PICK A CHALLENGE AND A TEAMMATE Virtual Zoom Meeting with Team at 6pm		