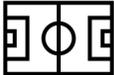


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| Day 28 | | | | |
| Day 29 | | | | |
| Day 30 | | | | |

Evolution



TECHNICAL TRAINING

- 15+ minutes of any kind of technical training...Ball Mastery, Dribbling, Juggling, passing, shooting, receiving
- You can do this at home or before your team training sessions



Mental Training

- 5+ minutes of any Mental training
- This can include Gratitude, Affirmations, Journaling, visualization, breathing, goal setting, motivation...
- (You can do this after you wake up, before going to bed, before a practice or any other time in the day)
- Watch a mental training/education video



Tactical Training

- 10+ minutes of tactical training
- This can include watching a match, Team practice that included some tactical work
- Watching a player analysis video
- Watching your own Film



SAQ Speed, Agility and Quickness

- 10+ Minutes of Agility training
- This can be conditioning, sprints, Plyometrics, a strength workout, stability workout etc..