



APRIL

		1	2	3	4	5
		BC Fire Footskills Part 2-Circuit Sportslab 360 Switching Play BC Speed and Agility	BMS 600 Touches in 6 Minutes 7MLC Injury Prevention + 30 mins Cardio (Your Choice)	Learn About the 4-4-2 7 MLC Fast Footwork Exercises	BMS 2500 Touch Explosion 7MLC Body Weight Exercises for Soccer	Wall Work - Yael Averbuch
6	7	8	9	10	11	12
BC Fire Footkills Part 1-Circuit USWNT 2-1 England FIFA WWC 2019 Watch the Movement off of the ball of players to create scoring chances 7MLC Explosive Speed Activities	BMS Footwork Phase 1 15 Fast footwork Exercises	BC Fire Footskills Part 2-Circuit Sportslab 360 Role of the 10 BC Speed and Agility	BMS 600 Touches in 6 Minutes 7MLC Injury Prevention + 30 mins Cardio (Your Choice)	BC Fire Juggling Video Learn About the 4-3-3	BMS 2500 Touch Explosion Body Weight Strength	Wall Work - Yael Averbuch
13	14	15	16	17	18	19
BC Fire Footkills Part 1-Circuit England 5-1 Germany Watch the Game with a focus on England's defending and Counter Attack 7MLC Explosive Speed Activities	BMS Footwork Phase 1 15 Fast footwork Exercises	BC Fire Footskills Part 2-Circuit Sportslab 360 Role of the 8's in a 4-4-2 BC Speed and Agility	BMS 600 Touches in 6 Minutes 7MLC Injury Prevention + 30 mins Cardio (Your Choice)	BC Fire Juggling Video Learn about the 3-5-2 7 MLC Fast Footwork Exercises	BMS 2500 Touch Explosion 7MLC Body Weight Exercises for Soccer	Wall Work - Yael Averbuch
20	21	22	23	24	25	26
BC Fire Footkills Part 1-Circuit USWNT v England She Believes Cup - Watch how the USWNT Presses in the Attacking 3rd 7MLC Explosive Speed Activities	BMS Footwork Phase 1 15 Fast footwork Exercises	BC Fire Footskills Part 2-Circuit Sportslab 360 Role of a 6 in a 4-3-3 BC Speed and Agility	BMS 600 Touches in 6 Minutes 7MLC Injury Prevention + 30 mins Cardio (Your Choice)	BC Fire Juggling Video Learn about the Full Back Position	BMS 2500 Touch Explosion Body Weight Strength	Wall Work - Yael Averbuch
27	28	29	30	<div style="border: 2px solid red; padding: 5px;"> <p>Link Color Key:</p> <p>Green = Physical</p> <p>Blue = Technical</p> <p>Orange = Tactical</p> </div>		
BC Fire Footkills Part 1-Circuit Barcelona v Real Madrid Watch for the Decision making of Barcelona players (Before they get ball, as they get ball and after passing (Movement)) 7MLC Explosive Speed Activities	BMS Footwork Phase 1 15 Fast footwork Exercises	BC Fire Footskills Part 2-Circuit Sportslab 360 Through Runs BC Speed and Agility	BMS 600 Touches in 6 Minutes 7MLC Injury Prevention + 30 mins Cardio (Your Choice)			