

Good Morning,

Below you will find the training session for Monday. April 20th.

13u-19u At-Home Session Plan

The graphic is a vertical list of activities for a Monday session. At the top, a black banner with red text reads 'Monday 4/20: 13u-19u At-Home Session'. Below this, there are five colored boxes: a red box for 'DYNAMIC WARMUP (5 to 8 mins)', a red box for 'RUNNING = 1 MILE (record your time)', a red box for 'JUGGLING (10-20 mins/record highest score)', a red box for 'GAME KNOWLEDGE Real Madrid vs. Liverpool: 2018 Champions League', and a red box for 'LIFE SKILLS' which includes three bullet points: 'Make a meal following a recipe', 'Make a smoothie', and 'Learn how to tie a tie'. At the bottom is a green box for 'SKILL OF THE WEEK Roll Behind Standing Leg - Flick (link in email)'. To the right of these boxes are several icons: a soccer player running, a soccer ball, a soccer player kicking a ball, a soccer field diagram, and two soccer players. At the bottom right, there are the hashtags '#ELITEON3' and '#VAMOSELITE'.

- [NEW Game Knowledge: Liverpool vs Real Madrid \(2018 Champions League Final\)](#)

****Feedback section has been added to this week's homework scorecard****

**** Only needs to be completed once****

- Trends to look for in this game:
 - How did both teams handle the pressure of the game?
 - What led to the success and failure of each team?
 - Which player(s) had the biggest impact on the game and why?
- [Skill of the Week: Roll Behind Standing Leg - Flick](#)

GOALKEEPERS

Week 6: 13u-19u Homework Scorecard

Buenos días,

A continuación encontrará la sesión de entrenamiento para el lunes. 20 de abril.

Plan de sesión en casa 13u-19u

- [Dominio de la pelota](#)
 - Corte de bofetada, corte de bofetada inversa, toque con pie opuesto
 - Corte de bofetadas, golpecito con pie opuesto, rollo con pie original (lado opuesto)
- [Conocimiento del juego: Liverpool vs Real Madrid \(final de la Champions League 2018\)](#)

****La sección de comentarios se ha agregado al cuadro de mandos de tareas de esta semana ****

- Tendencias a buscar en este juego:
 - ¿Cómo manejaron ambos equipos la presión del juego?
 - ¿Qué llevó al éxito y al fracaso de cada equipo?
 - ¿Qué jugador (s) tuvo el mayor impacto en el juego y por qué?
- [Habilidad de la semana: Roll Behind Standing Leg - Flick](#)

[Porteros](#)

[Semana 6: 13u-19u Cuadro de mandos de tareas](#)