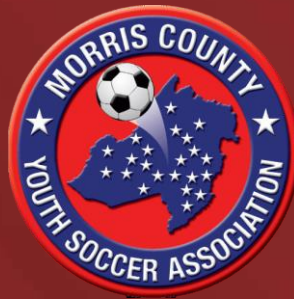




MUSC/ STA Social Distancing WK4

Club Homework



OVERVIEW

PLAYERS,

WE HOPE THAT AT THIS CRAZY AND UNPRECEDENTED TIME, YOU ALL ARE CONTINUING TO STAY SAFE AND HEALTHY!!

AS WE ENTER WEEK 4 OF OUR DISTANCE LEARNING PROGRAM, WE HAVE BEEN SO HAPPY TO SEE THE LEVELS OF ENGAGEMENT THAT ALL OF OUR PLAYERS HAVE HAD. WE REALLY BELIEVE THAT DURING THESE TOUGH TIMES, PLAYERS CAN CONTINUE TO FOCUS ON THEIR INDIVIDUAL DEVELOPMENT, BOTH TECHNICALLY AS WELL AS TACTICALLY AND MENTALLY. WE WILL CONTINUE TO CHALLENGE THEM TO BE BETTER EVERY SINGLE WEEK AND APPRECIATE YOUR SUPPORT IN PUSHING THEM.

PLEASE USE THE CONTENT ON THE FOLLOWING PAGES AS YOUR GUIDE FOR WHAT IS EXPECTED OF YOU THIS WEEK.

PLEASE PAY ATTENTION TO WHAT IS APPROPRIATE TO YOU AND DO YOUR BEST TO COMPLETE IT. HOLD YOURSELF ACCOUNTABLE AND BE RESPONSIBLE FOR SUPPORTING AND ENCOURAGING YOUR TEAMMATES TO DO THE SAME.

REMEMBER, "SUCCESS LEAVES CLUES"

THE WORK YOU ARE DOING OR NOT DOING NOW WILL SHOW. WHETHER IN YOUR PERFORMANCES INDIVIDUALLY OR AS A TEAM WHEN WE GET BACK TO PLAYING SOCCER. MAKE SURE YOU ARE NOT THE PERSON PULLING OTHERS DOWN. BE THE ONE TO PICK THEM UP!!

HERE'S TO A GREAT WEEK OF HARDWORK.

WE MISS YOU.

YOUR COACHES



#STASTRONG

TECHNE CHALLENGE

CHALLENGE 4: Tennis Ball and High Score

- COMPLETE ALL OF THE TIME TRIAL AND WEEKLY SESSION JUGGLING EXERCISES WITH A TENNIS BALL
- SUBMIT YOUR HIGHEST SCORE THROUGH VIDEO AND TAG MUSC ON SOCIAL MEDIA
 - STARTING APRIL 27TH
 - ENDING MAY 3RD

**** ALL PLAYERS WHO COMPLETE THIS CHALLENGE WILL BE ENTERED INTO A DRAW WITH 1 BOY AND 1 GIRL WINNING A PRIZE FROM MUSC. WINNERS WILL BE ANNOUNCED ON OUR SOCIAL MEDIA PAGES***



ULTIMATE XI CHALLENGE

- WHO ARE THE BEST PLAYERS YOU HAVE EVER SEEN PLAY THE GAME? WERE THEY FROM 10-15 YEARS AGO FROM OLD YOUTUBE VIDEOS? ARE THEY CURRENTLY PLAYING AND ARE CONSIDERED SOME OF THE TOP PLAYERS IN THE WORLD? AND HOW COULD YOU FIT THEM ALL INTO ONE TEAM? NOW IS YOUR OPPORTUNITY
- FIRST OF ALL, CHOOSE A FORMATION OUT OF EITHER 4-4-2, 4-3-3, 3-4-3 OR 3-5-2. THEN SELECT YOUR ALL-TIME ULTIMATE XI. THESE CAN BE MEN OR WOMEN WHO HAVE EITHER INSPIRED YOU IN THE GAME OR ARE PLAYERS THAT YOU ADMIRE.
- NEXT TO THEIR NAME, PLEASE WRITE 1 WORD WHICH DESCRIBES THEM. EX. ZIDANE=MAGICIAN
- FINALLY, WRITE A 1 PARAGRAPH ANSWER AS TO WHY YOUR TEAM WOULD BE THE BEST AND SUCCESSFUL



WE MISS YOU

**IF YOU NEED ANYTHING AT ALL, DO
NOT HESITATE TO EMAIL ANY OF
YOUR COACHES.**

