






# FC PRIDE



## E-LEARNING CURRICULUM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
PHYSICAL	STRENGTH VIDEO		STRENGTH VIDEO		STRENGTH VIDEO	
PSYCHOLOGICAL			STUDY ARTICLE			LISTEN TO PODCAST
TECHNICAL	TECHNICAL VIDEO CONE WORK 1	TECHNICAL VIDEO 2 1v1 MOVES	TECHNICAL VIDEO 3 CONE WORK 2	TECHNICAL VIDEO 4 TURNS	TECHNICAL VIDEO 5 RECEIVING TECH.	TECHNICAL VIDEO 6 CONE WORK 3
TACTICAL		MATCH ANALYSIS			PLAYER ANALYSIS	

