

Positional Practice



Session

For this week you are required to work on your positional awareness. It is important for you to work on principles and areas that benefit you in your position.

For example, In this session, Center Mids will work on the forward movement as it involves getting across or behind a defender. Full backs will work on attacking wide play.

Instructions

1. Click on the below session that is appropriate for your position
2. Read up on the session
3. Carry out the session in a park or garden
4. Film yourself doing the session and send it over to us

Goalkeeper: [Goalkeeper Session](#)

Wingback: [Wingback Session](#)

Center Back: [Center Back Session](#)

Central Midfielder: [Central Midfielder Session](#)

Winger: [Winger Session](#)

Forward: [Forward Session](#)

The player that submits the best video (Video that shows you following & performing the session) will receive an Adidas VC Fusion Shirt and a Fusion Ball.

Email Answers to amo@vcfusion.com by 05/26/20