

Complete At-Home Training and Resource Guide for Athletes

Helpful Tips

Time to clean your gear and have it ready for when life goes back to normal and sports are back in full swing: You don't need to buy a fancy gear cleaner. You can easily make one with things that you probably have in your house. Get a spray bottle, white vinegar, and baking soda. Mix 1 cup of vinegar, 1/2 cup of baking soda, and 2 cups of hot water in the bottle. Shake well and spray away.

Skills/Drills

This free online video library is free and full of soccer videos for players of all ages:

WEBSITE: sportsedtv.com/blog/sportsedtv-launches-free-soccer-instruction-content-library/

Redbull's Skills of the Week: Check in weekly for new tricks that can up your game when you get back on the field (or just to impress your teammates!)

WEBSITE: redbullsacademy.com/training/player-tools/skill-of-the-week/

Mindfulness & Staying Positive

Take a deep breath and practice mindfulness! Here's a few free online resources for guided meditation to help encourage and instill a balanced mindset in a concerning time.

WEBSITE: mindful.org/audio-resources-for-mindfulness-meditation/

Staying in Shape

Gold's Gym is offering free access to its app, Goldsapp (bit.ly/2XpNcH7), until the end of May, where more than 600 audio and video workouts along with DJ mixes get you ready to work up a sweat. Planet Fitness is offering "Home Work-Ins" streamed live at 7 p.m. ET daily on its Facebook page (facebook.com/planetfitness).

Paid yoga sites that are now providing some online classes for free:

- Core Power Yoga (corepoweryogaondemand.com/keep-up-your-practice)
 - Down Dog (downdogapp.com)
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Videos & Game Replay

Starting Friday, the National Hockey League is making all games played during the suspended 2019-2020 regular season available to stream on demand (bit.ly/2LRV52t). Additionally the league launched "NHL Pause Binge" on its website and YouTube channel, allowing fans to view documentaries and "full-length classic NHL games dating from the 1950s to present day."

The NBA and NFL are providing similar offerings through NBA League Pass (on.nba.com/3bWTCCL) and NFL Game Pass (bit.ly/2WT7v0k). If it's sports history you crave, PBS announced that it is making the 1994 Ken Burns documentary Baseball (to.pbs.org/3edCpGq) available to be streamed for free

YouTube remains the most complete resource for full games for MLB, NFL, NBA, NHL and World Cup soccer, plus countless other gems from around the sports world. Especially relevant this month: the NCAA March Madness channel (bit.ly/2ZsZCjX) has uploaded a deep bench of full-game videos spanning the tournament's history. The MLB Vault and MLB accounts have a collection of World Series games and other milestone moments.

Top Ted Talks for Soccer Coaches

WEBSITE: bit.ly/2Tt9NkA