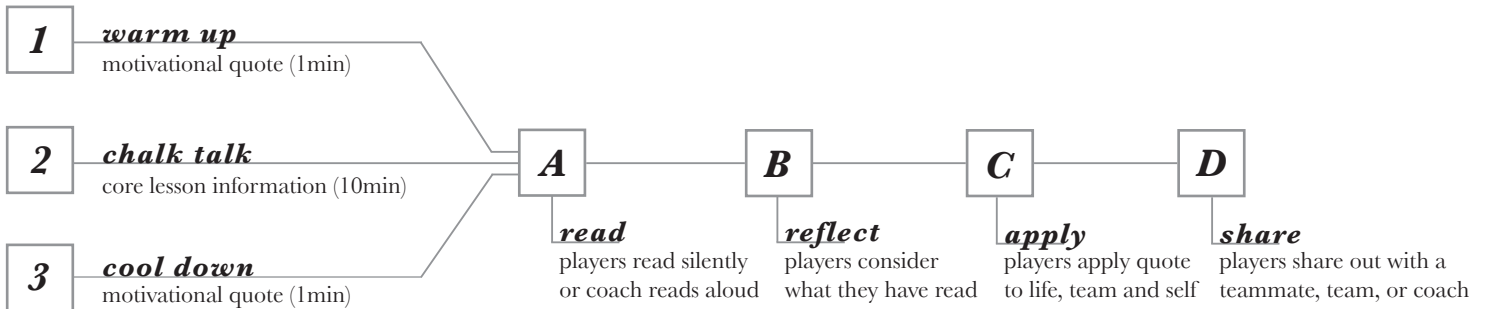


COACH'S GUIDE

BELOW ARE JUST A FEW IDEAS ON HOW TO SETUP A LESSON FOR YOUR TEAM. FIRST, SELECT A CORE VALUE LESSON THAT YOU FEEL WILL MOST BENEFIT YOUR PLAYERS AND TEAM. LESSONS DO NOT NEED TO BE USED IN ANY SPECIFIC ORDER AND ARE DESIGNED TO BE TIME EFFICIENT. EACH LESSON IS LOADED WITH POWERFUL TEACHING POINTS AND DISCUSSION INFORMATION.

LESSON BREAKDOWN



TEAM BUILDER EXERCISE

