room to play.

Helping athletes thrive in sport.

MY NEXT PRACTICE

One practice. One intention.

Choose one thing that matters to you. Try it. See what you learn.

Name: _____ **Practice date:** _____

01 What would I like to work on?

Choose a skill, a way to join in, or something you want to try.

02 What is one action I can try?

Choose something you can do, such as calling for the ball.

What will remind me? _____

03 Afterwards: what did I notice?

What did I try or learn? What would I keep or change next time?

FOR PARENTS & COACHES

Let the athlete choose. Help make the action small and specific.
After practice, listen with curiosity. The goal can change as they learn.

Room to try. Room to learn. Room to play.

Small steps. Your pace.

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