

<p><b>RESET</b> <span style="float: right;"><b>During</b></span></p> <p><b>Next Play Reset</b></p> <p><i>Move on fast after mistakes.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Long exhale.</li> <li>2. Say: “Next play.”</li> <li>3. Do next tiny job.</li> </ol> <p><b>Coach cue:</b> Cue: “Next play. Job now.”</p> <p><b>Why:</b> A phrase + action closes the moment.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	<p><b>RESET</b> <span style="float: right;"><b>During</b></span></p> <p><b>Next Five Seconds</b></p> <p><i>Switch panic into action.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Feet planted.</li> <li>2. One slow breath.</li> <li>3. Pick one job.</li> </ol> <p><b>Coach cue:</b> Cue: “Feet. Breath. Job.”</p> <p><b>Why:</b> Grounding narrows attention to what’s doable.</p> <p style="text-align: right;">Updated: 2026-02-14</p>
<p><b>RESET</b> <span style="float: right;"><b>During</b></span></p> <p><b>Shake Off</b></p> <p><i>Drop tension in two seconds.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Shake hands two seconds.</li> <li>2. Shoulders down.</li> <li>3. Eyes up.</li> </ol> <p><b>Coach cue:</b> Cue: “Shake—shoulders—scan.”</p> <p><b>Why:</b> Movement breaks the stress loop quickly.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	<p><b>RESET</b> <span style="float: right;"><b>During</b></span></p> <p><b>Bounce-Back Plan</b></p> <p><i>Come back with a script.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Name your trigger.</li> <li>2. Choose reset move.</li> <li>3. Choose next job.</li> </ol> <p><b>Coach cue:</b> Cue: “Plan it—then play.”</p> <p><b>Why:</b> Plans reduce panic when pressure hits.</p> <p style="text-align: right;">Updated: 2026-02-14</p>

<p>RESET <span style="float: right;">Anytime</span></p> <h3>Control the Controllables</h3> <p><i>Stop spiraling. Take control.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Name the problem.</li> <li>2. Pick one control.</li> <li>3. Act on it.</li> </ol> <p><b>Coach cue:</b> Cue: "What can you control?"</p> <p><b>Why:</b> Control-focus turns stress into steps.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	<p>RESET <span style="float: right;">Week</span></p> <h3>One More Try</h3> <p><i>Build "try again" power.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Pick one hard skill.</li> <li>2. Do five minutes.</li> <li>3. Track your streak.</li> </ol> <p><b>Coach cue:</b> Cue: "One more try."</p> <p><b>Why:</b> Small reps build belief and skill.</p> <p style="text-align: right;">Updated: 2026-02-14</p>
<p>RESET <span style="float: right;">Week</span></p> <h3>Show Up Anyway</h3> <p><i>Win with consistency, not mood.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Choose your routine.</li> <li>2. Do it on "meh".</li> <li>3. Tick it off.</li> </ol> <p><b>Coach cue:</b> Cue: "Show up anyway."</p> <p><b>Why:</b> Consistency beats motivation over time.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	<p>RESET <span style="float: right;">Week</span></p> <h3>Rewrite the Story</h3> <p><i>Turn "I can't" into "yet".</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Write the old thought.</li> <li>2. Add "not yet."</li> <li>3. Write the new line.</li> </ol> <p><b>Coach cue:</b> Cue: "Not yet—keep building."</p> <p><b>Why:</b> Reframes keep effort alive under pressure.</p> <p style="text-align: right;">Updated: 2026-02-14</p>

<p><b>RESET</b></p> <p style="text-align: right;"><b>Anytime</b></p> <h3>Truth Shield</h3> <p><i>Block mean thoughts, keep moving.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Spot the thought.</li> <li>2. Answer with truth.</li> <li>3. Do next action.</li> </ol> <p><b>Coach cue:</b> Cue: "Truth, then task."</p> <p><b>Why:</b> Truth-talk protects confidence and focus.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	<p style="text-align: right;"><b>During</b></p> <h3>Tiny Job Focus</h3> <p><i>Choose one job. Nail it.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Pick one job.</li> <li>2. Say it short.</li> <li>3. Do 60 seconds.</li> </ol> <p><b>Coach cue:</b> Cue: "One job—go."</p> <p><b>Why:</b> Narrow focus improves speed and accuracy.</p> <p style="text-align: right;">Updated: 2026-02-14</p>
<p><b>FOCUS</b></p> <p style="text-align: right;"><b>Pre-game</b></p> <h3>Top 3 Priorities</h3> <p><i>Know what matters today.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Write three priorities.</li> <li>2. Circle number one.</li> <li>3. Start there.</li> </ol> <p><b>Coach cue:</b> Cue: "What's your #1?"</p> <p><b>Why:</b> Priorities reduce stress and confusion.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	<p><b>FOCUS</b></p> <p style="text-align: right;"><b>Week</b></p> <h3>Weekly Plan</h3> <p><i>Turn goals into steps.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Pick one weekly goal.</li> <li>2. Choose three steps.</li> <li>3. Schedule them.</li> </ol> <p><b>Coach cue:</b> Cue: "Small steps, locked."</p> <p><b>Why:</b> Scheduling turns intention into action.</p> <p style="text-align: right;">Updated: 2026-02-14</p>

<p><b>FOCUS</b></p> <p style="text-align: right;"><b>Anytime</b></p> <h3>Long Breath Focus</h3> <p><i>Clear your head fast.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Inhale three.</li> <li>2. Exhale six.</li> <li>3. Repeat three times.</li> </ol> <p><b>Coach cue:</b> Cue: “Slow out-breath.”</p> <p><b>Why:</b> Long exhales signal safety to your body.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	<p><b>FOCUS</b></p> <p style="text-align: right;"><b>During</b></p> <h3>One Thing Now</h3> <p><i>Stop overthinking. Do one.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Name one thing.</li> <li>2. Do it now.</li> <li>3. Then pick next.</li> </ol> <p><b>Coach cue:</b> Cue: “One thing.”</p> <p><b>Why:</b> Sequencing prevents overwhelm.</p> <p style="text-align: right;">Updated: 2026-02-14</p>
<p><b>FOCUS</b></p> <p style="text-align: right;"><b>Half-time</b></p> <h3>Name It, Then Play</h3> <p><i>Label feelings, choose tools.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Name the feeling.</li> <li>2. Rate one to five.</li> <li>3. Pick a tool.</li> </ol> <p><b>Coach cue:</b> Cue: “Name it—then play.”</p> <p><b>Why:</b> Naming emotions lowers their heat.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	<p><b>FOCUS</b></p> <p style="text-align: right;"><b>Week</b></p> <h3>Win–Lesson–Next</h3> <p><i>Learn faster every week.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Write one win.</li> <li>2. Write one lesson.</li> <li>3. Write one next step.</li> </ol> <p><b>Coach cue:</b> Cue: “Win, lesson, next.”</p> <p><b>Why:</b> Reflection turns moments into progress.</p> <p style="text-align: right;">Updated: 2026-02-14</p>

FOCUS	Week	FOCUS	During
<p><b>Track and Tweak</b></p> <p><i>Make progress visible.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Track one score.</li> <li>2. Note what helped.</li> <li>3. Change one thing.</li> </ol> <p><b>Coach cue:</b> Cue: “Track it—tweak it.”</p> <p><b>Why:</b> Feedback loops accelerate improvement.</p> <p style="text-align: right;">Updated: 2026-02-14</p>		<p><b>Cue Word Lock</b></p> <p><i>Ignore noise. Lock in.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Pick a cue word.</li> <li>2. Find the ball.</li> <li>3. Do next action.</li> </ol> <p><b>Coach cue:</b> Cue: “Word—ball—action.”</p> <p><b>Why:</b> A cue blocks distractions instantly.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	
CONFIDENCE	Pre-game	CONFIDENCE	Pre-game
<p><b>Confidence Ladder</b></p> <p><i>Pick a brave step.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Choose rung one—three.</li> <li>2. Pick one action.</li> <li>3. Do it early.</li> </ol> <p><b>Coach cue:</b> Cue: “Pick your rung.”</p> <p><b>Why:</b> Bravery builds safely in levels.</p> <p style="text-align: right;">Updated: 2026-02-14</p>		<p><b>Easy Brave Move</b></p> <p><i>Practice courage in small.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Choose small brave act.</li> <li>2. Do it warm-up.</li> <li>3. Celebrate it.</li> </ol> <p><b>Coach cue:</b> Cue: “Easy brave—done.”</p> <p><b>Why:</b> Small wins stack into belief.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	

<p><b>CONFIDENCE</b></p> <p style="text-align: right;"><b>Week</b></p> <h3>Strength Poster</h3> <p><i>Remember what you bring.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Write three strengths.</li> <li>2. Add proud moment.</li> <li>3. Post it up.</li> </ol> <p><b>Coach cue:</b> Cue: “Strengths first.”</p> <p><b>Why:</b> Strength reminders quiet self-doubt.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	<p><b>CONFIDENCE</b></p> <p style="text-align: right;"><b>Anytime</b></p> <h3>Play Your Strengths</h3> <p><i>Use your best tool.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Name your strength.</li> <li>2. Use it once.</li> <li>3. Notice the impact.</li> </ol> <p><b>Coach cue:</b> Cue: “Strength play.”</p> <p><b>Why:</b> Strength-based choices boost confidence.</p> <p style="text-align: right;">Updated: 2026-02-14</p>
<p><b>CONFIDENCE</b></p> <p style="text-align: right;"><b>Anytime</b></p> <h3>Not Yet Switch</h3> <p><i>Turn ‘can’t’ into ‘yet’.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Catch the ‘can’t’.</li> <li>2. Add “yet.”</li> <li>3. Try one new way.</li> </ol> <p><b>Coach cue:</b> Cue: “Not yet.”</p> <p><b>Why:</b> ‘Yet’ opens the brain to learning.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	<p><b>CONFIDENCE</b></p> <p style="text-align: right;"><b>Week</b></p> <h3>Comeback Milestones</h3> <p><i>Recover with patience.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Follow your plan.</li> <li>2. Track small wins.</li> <li>3. Celebrate progress.</li> </ol> <p><b>Coach cue:</b> Cue: “Slow is strong.”</p> <p><b>Why:</b> Milestones keep motivation alive.</p> <p style="text-align: right;">Updated: 2026-02-14</p>

<p><b>CONFIDENCE</b></p> <p style="text-align: right;"><b>Week</b></p> <h3>Borrow Belief</h3> <p><i>Use role models for fuel.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Pick one role model.</li> <li>2. Name what you admire.</li> <li>3. Try one trait.</li> </ol> <p><b>Coach cue:</b> Cue: “Try that trait.”</p> <p><b>Why:</b> Role models give a roadmap.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	<p><b>CONFIDENCE</b></p> <p style="text-align: right;"><b>Anytime</b></p> <h3>Character Check</h3> <p><i>Do the right thing.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Name the choice.</li> <li>2. Choose honest move.</li> <li>3. Stand by it.</li> </ol> <p><b>Coach cue:</b> Cue: “Character counts.”</p> <p><b>Why:</b> Integrity builds self-respect and trust.</p> <p style="text-align: right;">Updated: 2026-02-14</p>
<p><b>CONFIDENCE</b></p> <p style="text-align: right;"><b>Week</b></p> <h3>Your Own Goal</h3> <p><i>Choose a goal that’s yours.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Write your goal.</li> <li>2. Make it specific.</li> <li>3. Pick first step.</li> </ol> <p><b>Coach cue:</b> Cue: “Yours. Specific. Start.”</p> <p><b>Why:</b> Self-chosen goals boost motivation.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	<p><b>TEAM</b></p> <p style="text-align: right;"><b>Week</b></p> <h3>Belonging Bingo</h3> <p><i>Feel part of the team.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Pick three squares.</li> <li>2. Do them this week.</li> <li>3. Reflect what helped.</li> </ol> <p><b>Coach cue:</b> Cue: “Tiny connections.”</p> <p><b>Why:</b> Small social moves build belonging.</p> <p style="text-align: right;">Updated: 2026-02-14</p>

TEAM	During	TEAM	Post-game
<p><b>Name + Pass</b></p> <p><i>Connect fast with names.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Learn two names.</li> <li>2. Call name, then pass.</li> <li>3. High-five after.</li> </ol> <p><b>Coach cue:</b> Cue: “Name, then pass.”</p> <p><b>Why:</b> Names boost attention and trust.</p> <p style="text-align: right;">Updated: 2026-02-14</p>		<p><b>Nice One Loop</b></p> <p><i>Build trust with praise.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Notice something good.</li> <li>2. Say it clearly.</li> <li>3. Repeat tomorrow.</li> </ol> <p><b>Coach cue:</b> Cue: “Catch it—say it.”</p> <p><b>Why:</b> Positive feedback grows effort.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	
TEAM	Practice	TEAM	Week
<p><b>Buddy Check</b></p> <p><i>Train with a partner.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Pick a buddy.</li> <li>2. Set mini goal.</li> <li>3. Check in after.</li> </ol> <p><b>Coach cue:</b> Cue: “Buddy check.”</p> <p><b>Why:</b> Accountability improves consistency.</p> <p style="text-align: right;">Updated: 2026-02-14</p>		<p><b>Team Day</b></p> <p><i>Bond off the field.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Choose a team activity.</li> <li>2. Include everyone.</li> <li>3. Share one moment.</li> </ol> <p><b>Coach cue:</b> Cue: “Together matters.”</p> <p><b>Why:</b> Bonding improves on-field communication.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	

TEAM	During	TEAM	Week
<p><b>Assist Mindset</b></p> <p><i>Help someone succeed.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Look for a teammate.</li> <li>2. Set them up.</li> <li>3. Celebrate them.</li> </ol> <p><b>Coach cue:</b> Cue: “Make the team better.”</p> <p><b>Why:</b> Helping others reduces pressure.</p> <p style="text-align: right;">Updated: 2026-02-14</p>		<p><b>Lead by Doing</b></p> <p><i>Lead without being loud.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Pick one team job.</li> <li>2. Do it early.</li> <li>3. Invite someone in.</li> </ol> <p><b>Coach cue:</b> Cue: “Lead by doing.”</p> <p><b>Why:</b> Small leadership builds culture.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	
TEAM	Anytime	TEAM	Week
<p><b>Empathy Pause</b></p> <p><i>Understand before reacting.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Pause one beat.</li> <li>2. Ask: what’s up?</li> <li>3. Choose kind action.</li> </ol> <p><b>Coach cue:</b> Cue: “Pause and care.”</p> <p><b>Why:</b> Empathy lowers conflict and builds trust.</p> <p style="text-align: right;">Updated: 2026-02-14</p>		<p><b>Reliable Player</b></p> <p><i>Be someone teammates trust.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Pick three responsibilities.</li> <li>2. Track for a week.</li> <li>3. Reset if missed.</li> </ol> <p><b>Coach cue:</b> Cue: “Reliable is powerful.”</p> <p><b>Why:</b> Reliability builds team confidence.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	

<p><b>BODY</b></p> <p style="text-align: right;"><b>Anytime</b></p> <h3>Long Exhale</h3> <p><i>Calm nerves in ten seconds.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Inhale three.</li> <li>2. Exhale six.</li> <li>3. Drop shoulders.</li> </ol> <p><b>Coach cue:</b> Cue: “Long out-breath.”</p> <p><b>Why:</b> Exhale activates your calm system.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	<p><b>BODY</b></p> <p style="text-align: right;"><b>During</b></p> <h3>Feet on Ground</h3> <p><i>Stop the spin fast.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Plant your feet.</li> <li>2. Feel the ground.</li> <li>3. Look up.</li> </ol> <p><b>Coach cue:</b> Cue: “Ground.”</p> <p><b>Why:</b> Grounding pulls you into the moment.</p> <p style="text-align: right;">Updated: 2026-02-14</p>
<p><b>BODY</b></p> <p style="text-align: right;"><b>Anytime</b></p> <h3>Shoulders Down</h3> <p><i>Release hidden tension.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Lift shoulders.</li> <li>2. Drop them.</li> <li>3. Shake hands once.</li> </ol> <p><b>Coach cue:</b> Cue: “Loose shoulders.”</p> <p><b>Why:</b> Relaxed muscles move better.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	<p><b>BODY</b></p> <p style="text-align: right;"><b>Anytime</b></p> <h3>5–4–3 Reset</h3> <p><i>Get out of your head.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Five things you see.</li> <li>2. Four things you feel.</li> <li>3. Three sounds you hear.</li> </ol> <p><b>Coach cue:</b> Cue: “Back to now.”</p> <p><b>Why:</b> Senses anchor you to reality.</p> <p style="text-align: right;">Updated: 2026-02-14</p>

<p><b>BODY</b> Pre-game</p> <h3>Ready Body</h3> <p><i>Arrive ready, not rushed.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. One long exhale.</li> <li>2. Sip water.</li> <li>3. One favorite stretch.</li> </ol> <p><b>Coach cue:</b> Cue: “Ready body.”</p> <p><b>Why:</b> Simple routines reduce jitters.</p> <p>Updated: 2026-02-14</p>	<p><b>BODY</b> Pre-game</p> <h3>Power Posture</h3> <p><i>Stand like you belong.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Feet wide.</li> <li>2. Chin up.</li> <li>3. Slow exhale.</li> </ol> <p><b>Coach cue:</b> Cue: “Strong stance.”</p> <p><b>Why:</b> Posture changes signals and mood.</p> <p>Updated: 2026-02-14</p>
<p><b>BODY</b> Week</p> <h3>Energy Meter</h3> <p><i>Match effort to recovery.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Rate energy one–five.</li> <li>2. Choose warm-up level.</li> <li>3. Plan rest.</li> </ol> <p><b>Coach cue:</b> Cue: “Smart energy.”</p> <p><b>Why:</b> Awareness prevents burnout.</p> <p>Updated: 2026-02-14</p>	<p><b>BODY</b> During</p> <h3>Micro Shake Reset</h3> <p><i>Tiny shake, big reset.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Shake two seconds.</li> <li>2. Open and close fists.</li> <li>3. Touch jersey—reset.</li> </ol> <p><b>Coach cue:</b> Cue: “Shake—reset.”</p> <p><b>Why:</b> Small motion releases tension quickly.</p> <p>Updated: 2026-02-14</p>

BODY	During	GAME SMART	Pre-game
<p><b>Walk It Off</b></p> <p><i>Reset while you move.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Walk tall.</li> <li>2. Long exhale.</li> <li>3. Find your mark.</li> </ol> <p><b>Coach cue:</b> Cue: “Walk it off.”</p> <p><b>Why:</b> Motion + breath shifts your state.</p> <p style="text-align: right;">Updated: 2026-02-14</p>		<p><b>Next Touch Picture</b></p> <p><i>See it. Then do it.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Close your eyes.</li> <li>2. Picture one touch.</li> <li>3. Try it warm-up.</li> </ol> <p><b>Coach cue:</b> Cue: “See it.”</p> <p><b>Why:</b> Visualization primes your brain.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	
GAME SMART	Pre-game	GAME SMART	Week
<p><b>Best Play Replay</b></p> <p><i>Start with calm confidence.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Pick best moment.</li> <li>2. Replay details.</li> <li>3. Feel steady.</li> </ol> <p><b>Coach cue:</b> Cue: “Replay your best.”</p> <p><b>Why:</b> Positive images boost readiness.</p> <p style="text-align: right;">Updated: 2026-02-14</p>		<p><b>Arrows on Paper</b></p> <p><i>Learn positioning faster.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Draw the field.</li> <li>2. Place your role.</li> <li>3. Add arrows.</li> </ol> <p><b>Coach cue:</b> Cue: “Show me arrows.”</p> <p><b>Why:</b> Mapping builds game understanding.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	

GAME SMART	Week	GAME SMART	Week
<p><b>3-Frame Storyboard</b></p> <p><i>Plan smarter decisions.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Draw three frames.</li> <li>2. Add two options.</li> <li>3. Circle best.</li> </ol> <p><b>Coach cue:</b> Cue: “Option B?”</p> <p><b>Why:</b> Story makes choices easier.</p> <p style="text-align: right;">Updated: 2026-02-14</p>		<p><b>Dribble Tracker</b></p> <p><i>Prove improvement each week.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Set one-minute drill.</li> <li>2. Record your best.</li> <li>3. Change one cue.</li> </ol> <p><b>Coach cue:</b> Cue: “Track and tweak.”</p> <p><b>Why:</b> Numbers show progress clearly.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	
GAME SMART	Practice	GAME SMART	Week
<p><b>Eyes First Challenge</b></p> <p><i>Train vision + feet together.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Pick one skill.</li> <li>2. Add visual target.</li> <li>3. Do ten reps.</li> </ol> <p><b>Coach cue:</b> Cue: “Eyes first.”</p> <p><b>Why:</b> Vision leads movement quality.</p> <p style="text-align: right;">Updated: 2026-02-14</p>		<p><b>Values Jersey</b></p> <p><i>Play your values on purpose.</i></p> <p><b>Steps:</b></p> <ol style="list-style-type: none"> <li>1. Design your jersey.</li> <li>2. Pick three values.</li> <li>3. Play them today.</li> </ol> <p><b>Coach cue:</b> Cue: “Play your values.”</p> <p><b>Why:</b> Identity cues guide choices.</p> <p style="text-align: right;">Updated: 2026-02-14</p>	

## Vision Board

*Aim at what you want.*

**Steps:**

1. Pick three goals.
2. Add images.
3. Review weekly.

**Coach cue:** Cue: "Aim it."

**Why:** Visual goals keep motivation steady.

Updated: 2026-02-14

## Soccer Comic Lesson

*Make lessons stick.*

**Steps:**

1. Draw the mistake.
2. Draw the reset.
3. Draw the next play.

**Coach cue:** Cue: "What's the lesson?"

**Why:** Stories help your brain remember.

Updated: 2026-02-14