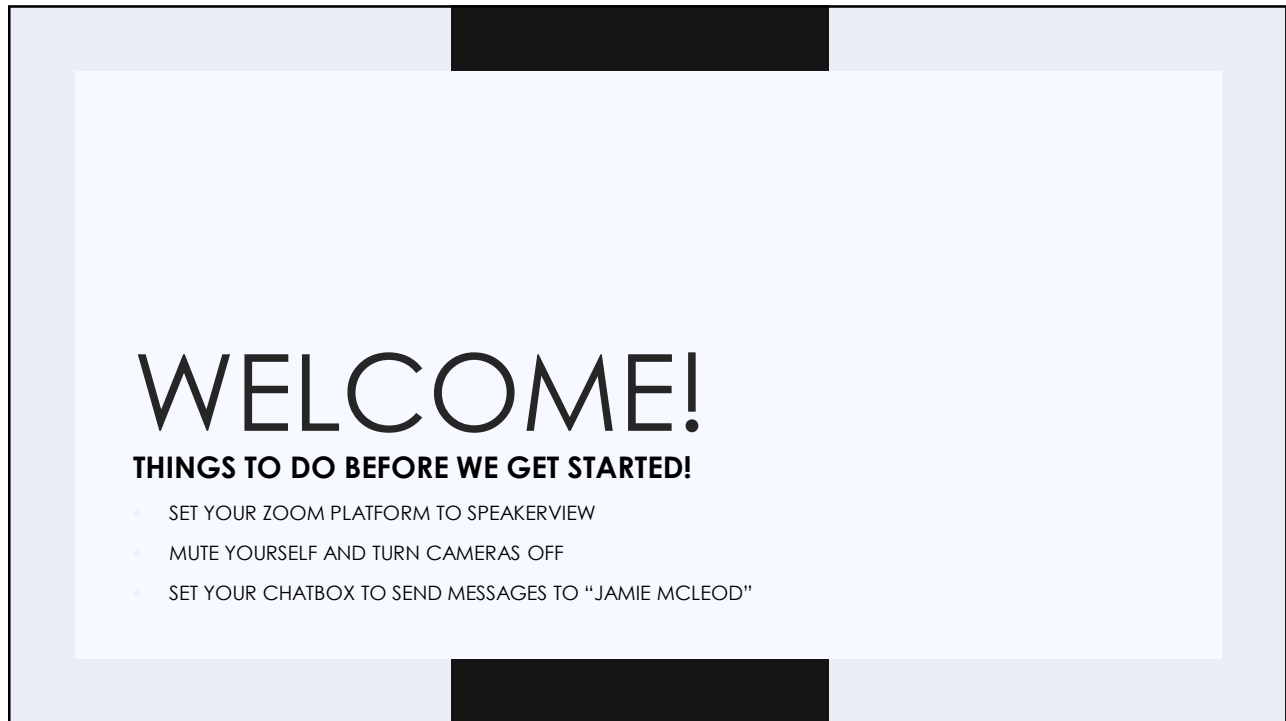


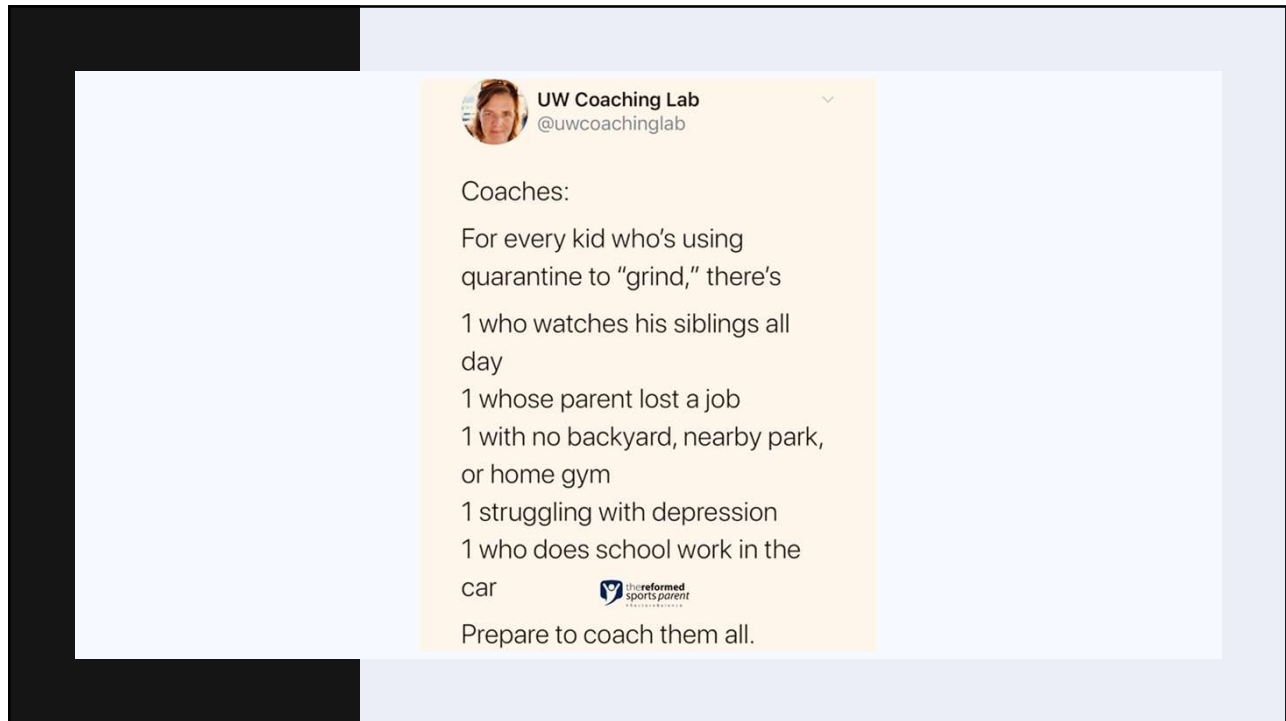
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4

WHAT TO EXPECT FROM YOUR ATHLETES

EXCITEMENT

Back to friends/activity

Soccer

FRUSTRATION

Decrease in fitness/skills

Things are different

ANXIOUS

Will things go back to normal (in the world and in myself)

Lots of "should-ing"

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YOU ARE GOING TO GET FRUSTRATED

- Decreased attention spans/impulse control
- Increase in energy & anxiety
- Decreased fitness level
- Reteach the basics
- Change in routine – lots of changes

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HOW YOU CAN HELP



PATIENCE



PREPAREDNESS



OPENNESS

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IDENTIFY THE PROBLEMS, INCLUDE THE ATHLETES IN THE SOLUTIONS

PROBLEM

- o Substitution routine
- o Goal celebration
- o Huddles
- o Water breaks

SOLUTION

















- o Pretend throw? Secret no touch handshake?
- o Team dance - learn a TikTok dance
- o Walk over with arms out to side
- o Designated cones or signs

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CHECKING IN BEFORE PRACTICE

1. Soccer ball or corona virus activity (how has your life changed since the corona virus)
2. Journaling
 1. Happiness planner
 2. Short daily journal
 3. I feel statements

The Zones of Regulation

Blue Red Area	Green Go	Yellow Slow Down	Red Stop
 Sad	 Happy	 Nervous	 Angry
 Upset	 Excited	 Surprised	 Yelling
 Hurt	 Calm	 Confused	 Aggressive
 Tired	 Proud	 Silly	 Mad

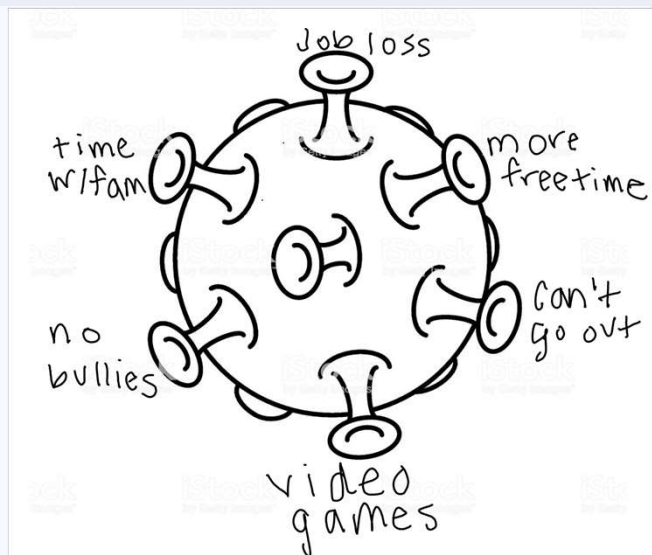
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At home activity


Prompt – How did your life change because of coronavirus?

Could use soccer ball instead of covid-19

Allows you to understand what their baseline is




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The Happiness Planner

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Journal Entry 1

Prompts


1. Tell me about your time/experience with soccer the last 3 months (it is 100% okay if you say "none") were you able to play at all? Were you able to watch at all?

2. What are some fears and expectations you have going into this season?

3. What will success look like for you in returning to soccer at this time?

Gratitude

What is one thing you are grateful for?



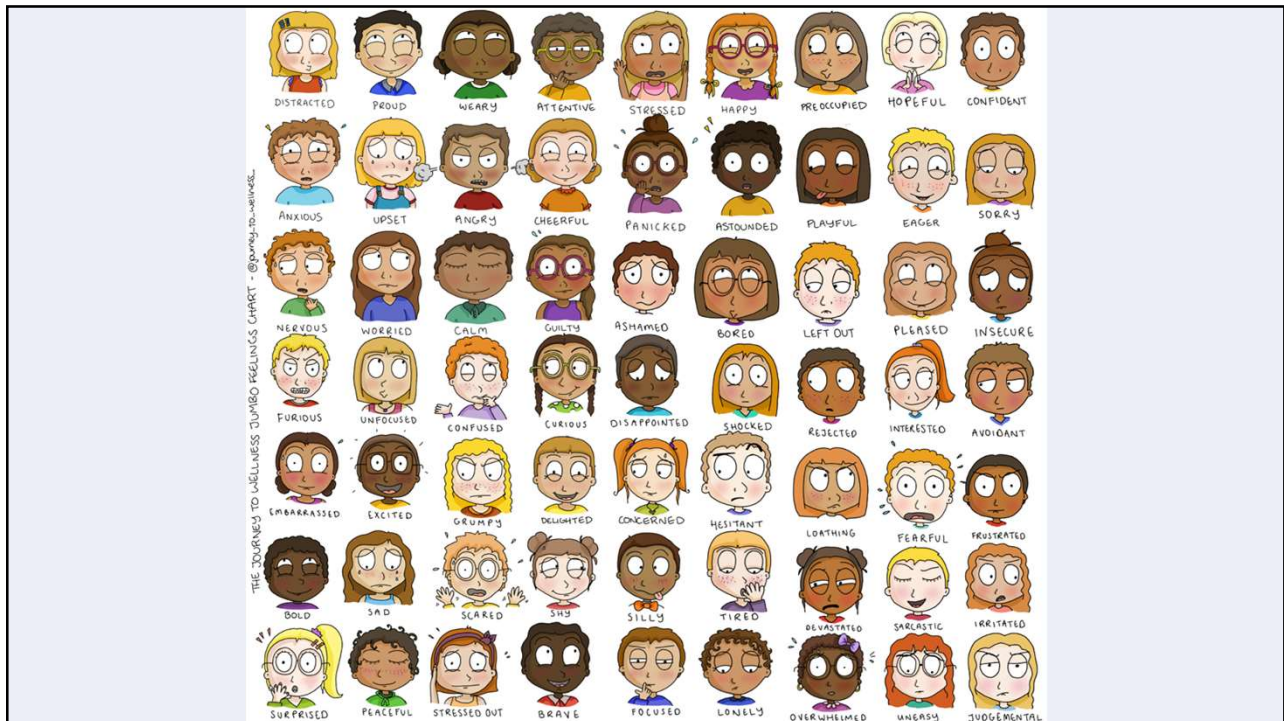
Daily journal

Characteristic: grit

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IDEAL FIRST PRACTICE

- o Check in & share from at home activity (how my life was impacted by corona)
- o Warm up/ Ice breaker – One word project/This or that/Red light question game
- o Brainstorm together what is going to be different & alternatives
- o Actual soccer (KISS)
- o Closing – I feel statements

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One word project

Step 1: Choose a word that inspires you or sticks out to you. Let this be the word that drives you and pushes you to become the best version of yourself.

Step 2: Write this word down LARGE in the center of your paper.

Step 3: Around your large word, you will repeat your word and begin writing it down multiple times.

Step 4: On a separate sheet of paper, explain why you chose this word. What does this word mean to you? How do you plan on living up to this word?



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This or that

Icebreaker/warm up

The goal is not to get deep/personal

You can add "corona" questions

ex. Virtual learning vs traditional learning

ex. Always be in small groups vs. love large crowds

Get them moving and feeling comfortable and safe

Would you rather...

1. Swim in a pool of jello or swim in a pool of pudding?
2. Have a pet dinosaur or a robot?
3. Have to swim the entire day or stay still the entire day?
4. Be an eagle or a cheetah?
5. Ride on a whale or an elephant?
6. Be the size of an ant, or be the size of a house?
7. Live fifty feet up in a tree or live in a cave underground?
8. Be older or younger?
9. Visit China or England?
10. Be covered in ants or be covered in worms?
11. Have cotton balls for hair or corks for teeth?
12. Have butterfly wings or fish fins?
13. Have a pink cat or a flying horse?
14. Be rich or happy?
15. Loose all your toenails or lose your eyebrows?
16. Be an only child or have eight siblings?
17. Be stepped on by a horse or thrown by a gorilla?
18. Have to groom a bear or ride a rhino?
19. Live at SeaWorld or Legoland?
20. Live at (whatever they chose for number 19) or Disneyland?
21. Have to wear clothes made of leaves or sleep on a bed made of moss?
22. It rain glitter or rain jellybeans?
23. It be Christmas all year or Halloween all year?
24. Fly to the moon or swim to the bottom of the ocean?
25. Have five baby goats to take care of or our one giant pig to care for?

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ONGOING

- o Continue to check in on emotions – lots of hopelessness
- o Journaling
- o Adaptability
- o Mindfulness – body scans

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REMINDERS FOR PARENTS

- o Sleep schedule
- o Screen time
- o Nutrition
- o Hydration
- o Social connection

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QUESTIONS?

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THANK YOU!

FOR MORE INFORMATION ON TINA'S SERVICES OR TO CONTACT HER, PLEASE
VISIT HER WEBSITE OR SEND HER AN EMAIL!

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