

Practice with Purpose

Activity Choice Descriptions

Walk your girls through the activity choices and let them decide which ones they like best.

MEETING 2 ACTIVITY CHOICES

Drill for Skill

Talk to a Coach or Gym Teacher: Design a custom drill with a coach or gym teacher!

Work with a Friend Who Likes the Same Sport: Take turns in the role of coach and athlete running drills with a partner.

Find a Drill in a Book or Online: Find an exercise drill online that's designed to hone your skill.

Practice, Practice, Practice!

Discuss the Process with a Coach, Friends, or Family: Talk about what worked, what didn't work, and what you'd do differently next time around.

Write a "Top 10 Tips for Practicing" List: Make a list of things to consider while practicing. Check in with our helper from the first step to see if they agree with the list and what they would change.

Make a Short Video or Photo Slideshow About Your Practice: Show pictures of your form before an exercise vs. after an exercise. Use this as a way to demonstrate the value of purposeful practice!