

PLAYING AT HOME

Spend **20 MINUTES** a minimum of **4 TIMES PER WEEK** playing with structured Young Athletes activities to support growth and development



QUICK TIPS



ROUTINE

Build Young Athletes into your daily schedule to provide consistency.



ACTIVITIES

Adapt to your child's needs. Focus on a new skill area each week. Invite siblings to join in for family fun!



TAKE CARE

Remember to take care of yourself too. Stay active and connected, get enough sleep, eat healthy and practice deep breathing.

PLANNING YOUR ACTIVITIES



WARM UP (5 MINS)

Pick two activities, like:

- Children's Songs
- Musical Markers
- Follow the Leader
- Balance Beam



SKILL ACTIVITIES (10 MINS)

Pick three activities, like:

- Run and Carry
- Goalie Drill
- Target Practice
- Obstacle Course



COOL DOWN (5 MINS)

Pick two activities, like:

- Animal Games
- I Spy
- Children's Songs
- Dynamic Stretching