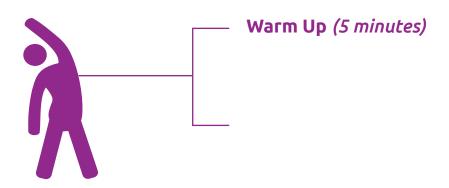
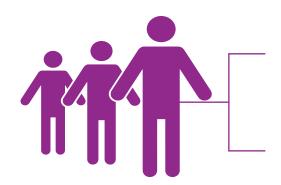
Young Athletes Lesson Plan





Skill Development/Stations (10- 15 minutes)



Group Activity (10-15 minutes)



Cool Down/Closing Song (5 minutes)