

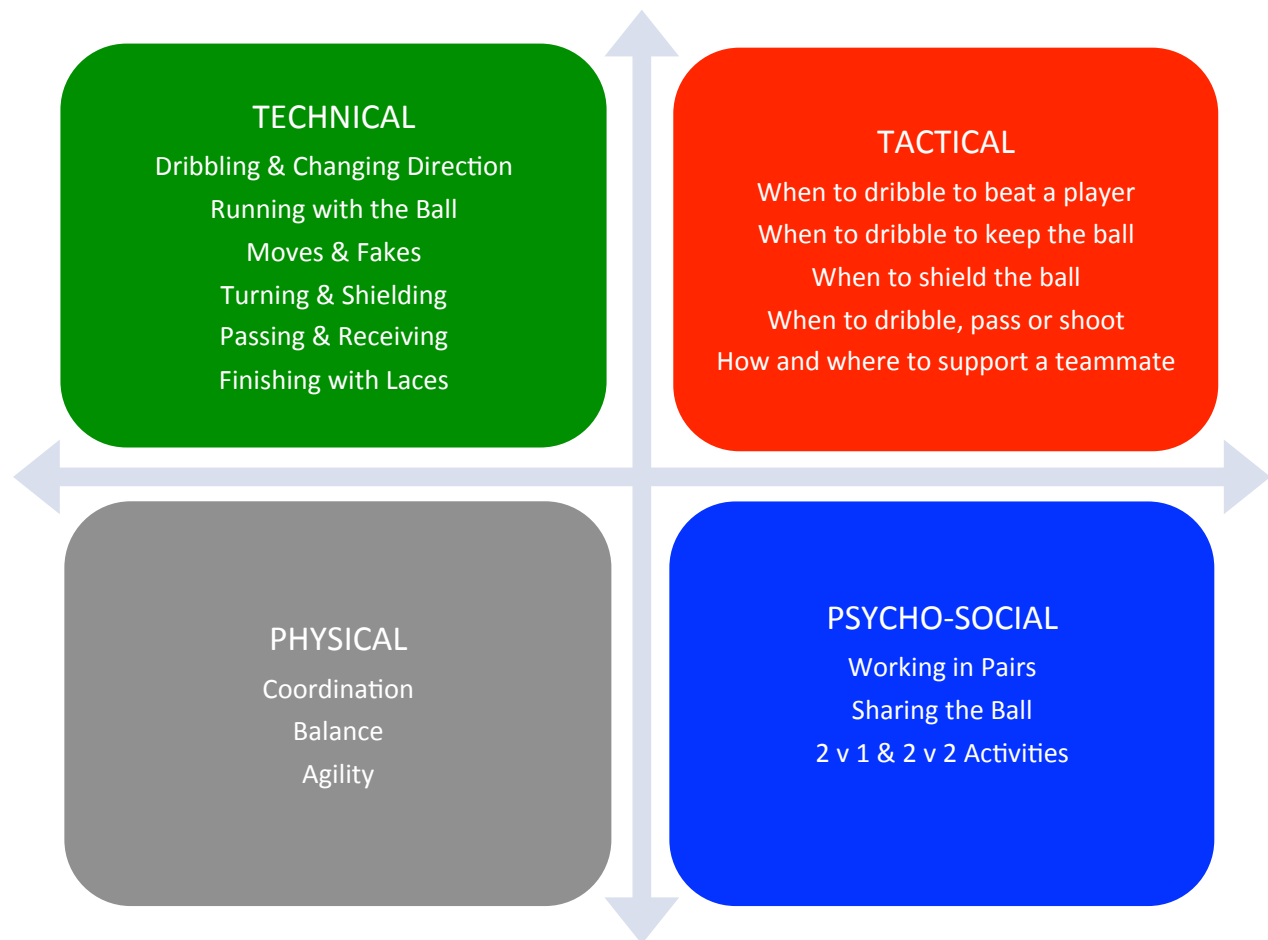


# ★ RECREATIONAL ★ COACHING CURRICULUM

## WHAT TO TEACH YOUR PLAYERS?

### Summary

In summary, the age appropriate topics we should look to incorporate into our practices and games are:



We must understand that the four component are the cornerstone of our practices and what we should look to teach. We should also understand that these elements can and should be introduced at different ages and stages of the season. Please refer to the 'Training Blocks' section for more detail about this concept.