

## ZYSA – Mental Training U11 & U12

Week 8 – AT HOME – Review

Connection – Verbal Communication

### AT HOME REINFORCEMENT

We talked about communication with your player last week, and how we can use our verbal communication to improve training, connect with our teammates, and find success in games.

- Ask your player what verbal communication means?
- Ask your player if they are confident in talking to their teammates?
- Review the following questions with your player:
  - What could you say to help a teammate after they make a mistake?
  - What could you say to a coach if you don't understand your role?
  - How can you connect with your teammates off the field?

*We would like to continue to encourage our players to find their own voice, and use that voice to connect with their teammates.*

*Encourage your player to speak up. Cheer on, build up, teach, ask... We want each of our players to be aware of the power of communication on and off the field.*

We will continue to tie the Mental Training into our at home curriculum.

Hope these tool help guide you to great conversations with your daughter.

Best,

Jordan Shuck