

Strategies to help my student-athletes



Look and think about strategies you can use with your student-athletes.

Imagine, you are a professional trainer, what would you do to help your student-athletes to improve their performances?

How can you encourage your students? _____

Pros of this plan: _____ **Cons of this plan:** _____

Description (What would your strategies be? When could be the best moment to start your plan? Do you need extra resources?) Summarize your idea.
