

# DIRECTIONS AND BEGINNING NOTES

## *Coaches Curriculum*

Every coach, athlete, and fan knows that the fundamental element of all sports is ...

### SKILL and COMMITMENT

Practice time is for skill-building. Athletes do not read their texts, update social media, nor eat a burger during practice. Coaches make it clear that all distractions are forbidden during practice time.

What about on the drive to and from practice, in the car, and behind the wheel?

Coach isn't watching, and it isn't practice time. Athletes are tempted to eat that burger, update social media, or read a text. Drivers and passengers are both responsible for making the right choice whether it's focusing on the road or simply speaking up.

Building skill at practice takes 100% effort and focus from each athlete. Driving a car is also a skill that requires the same effort and focus. Despite being 100% preventable, **distracted and reckless driving is the #1 killer of teens!**

The best way to become a better driver is to practice—becoming a good driver is no different than becoming a good athlete—it takes thoughtful practice. Conscientiously practice leads to improved skill and decision making both on and off the field. Again, car crashes are the **#1 killer of teens and they are 100% preventable**. We too often take the driving of a car for granted and see it more as a right of passage instead of an earned privilege. To become a good driver, it takes time, practice building skills, and a clear understanding of what a good decision behind the wheel is—all of which we shouldn't take for granted, but need to put real thoughtful action behind.

Coaches, encourage your athletes to drive safe and avoid distractions...the distractions can wait both on and off the field--it can wait!

*Remember there's no substitute for practice time.*

It's like playing an instrument, learning to swim, or learning any sport; if you practice only four days a year you are going to suck at it – even if you are Mozart or Michael Phelps. Think about the years where you swam only one or two days, no improvement. But spending 30 full days in the water allows you to build muscle memory and improve. And the kids that grow up in beach towns? It's not their genes that allow them to swim the waves so well; it's practice time.

You are always learning, always practicing. You will gain confidence, maturity, and experience...but you **always need to give 100% effort towards safe driving!**

# SCHEDULE AND COMMITMENT

## Coaches Curriculum

Coaching Curriculum Game Plan has 9 steps to be completed consecutively. These sets were designed for you, the coach, to be able to add safe driving tips into your daily practice routine. It is possible to complete all sets in one day if you have 75 minutes to commit.

If your practice time is limited you may choose to implement the Game Plan in 3 separate sets. Complete at least one entire set on your chosen practice day.

### Set 1:

<input type="checkbox"/> Step 1	5 Minutes
<input type="checkbox"/> Step 2	10 Minutes
<input type="checkbox"/> Step 3	10 Minutes

Total Time to Complete Set 1 ~ 1:15 min | Continue to Set 2 if Time is Not Limited

### Set 2:

<input type="checkbox"/> Step 4	15 Minutes
<input type="checkbox"/> Step 5	15 Minutes
<input type="checkbox"/> Step 6	5 Minutes

Total Time to Complete Set 1 ~ 2:35 min | Continue to Set 3 if Time is Not Limited

### Set 3:

<input type="checkbox"/> Step 7	5 Minutes
<input type="checkbox"/> Step 8	5 Minutes
<input type="checkbox"/> Step 9	5 Minutes

Total Time to Complete Set 1 ~ 3:15 min

Before analyzing details for the steps/sets above, please review the recommended drills and attention grabbers available for your team on the [Sport Specific Information](#) page.