

EXERCISE 2



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NAME & DATE:



"Having an adequate weight, doing sport, cleaning ourselves properly, and having our things clean and tidy, are things that will make us better prepared for training".

• I have a good time in training ☆☆☆☆☆

• I have a good time at home ☆☆☆☆☆

In TRAINING I learned that...

In SCHOOL I learned that...



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We ask the player to give us examples of each indicator, and to comment if they believe they have a good body weight and why, good hygiene and why ... etc.

Let them think small changes that they could do to improve each of these indicators (only small changes: for example, climbing stairs instead of taking the elevator).

• COACH SESSION NOTES:

