



The Spirit League Way - Game Day Schedule

- **Safety is priority # 1**
 - **Learn basic and intermediate skills**
 - **Having fun is the objective – Not winning**
 - **Make friends and be part of a team**
 - **Get exercise and participate – Everyone gets to play!**
 - **Praise, compliment, and encourage!**
1. **Athletes arrive fully dressed, on time.**
 2. **Circle time** (10 to 20 minutes – depending on division)
 - a. Stretching
 - b. Exercising
 - c. Team Building
 - d. Safety Review
 3. **Drills and Practice** (20 to 30 minutes)
 - a. Individual skill development
 - b. Team skill building drills
 - c. Game rules and strategy
 4. **Game Time** (30 to 40 minutes)
 - a. Frequent water breaks
 - b. Breaks for “teaching moments”
 5. **Circle time** (5 to 10 minutes)
 - a. Wind down
 - b. Praise for the day
 - c. Goals for the week
 - d. Sportsmanship
 6. **Spirit Bridge or High 5**
 7. **Discussions with parents**

Important: Maintain email communication with parents and athletes during the week. Remind them of the following:

- Arriving on time in complete uniform
- Feedback and praise
- Skills and drills to work on
- League communication and notifications
- Rainouts and cancellations

Talk with the Athletic Director if you need help with practice and drill ideas, athlete concerns and conflicts, or anything the League can provide to make your coaching experience successful.

Spirit League is a 501(c)(3) nonprofit organization. Tax ID# 20-1707223
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