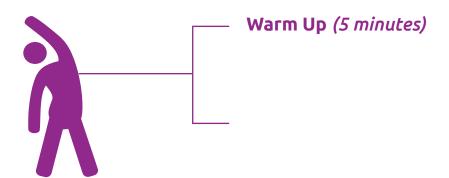
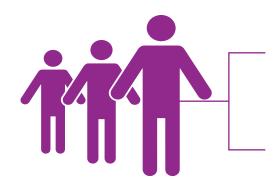
## Young Athletes Lesson Plan





Skill Development/Stations (10- 15 minutes)



**Group Activity** (10-15 minutes)



**Cool Down/Closing Song** (5 minutes)