

# August

2020

## Big Spring Girls Soccer

### Steps to success

This month we make our final preparations for the season. We had a very unusual offseason and the year will likely be similar. However some things will not change. Players must prepare their bodies this month. They need to be ready to run at least 3 miles at a time, they must hydrate, sleep and eat well. We will start our season building our team centered around these characteristics : Trust, loyalty, cooperation, Enthusiasm, Self Control, Hard Work, Initiative, Confidence, Poise, and finally if we achieve those we will have competitive greatness.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4 9:15-11:00 AM	5	6 9:15-11:00 AM	7	8
9	10	11 9:15-11:00 AM	12	13 9:15-11:00 AM	14	15
16	17 Practice 7:30-11:30 Fitness & Skill Tests	18 Practice 7:30-11:30 Skills and movements	19 Practice 7:30-11:30 Assessments, uniforms, & gameplay	20 Practice 7:30-11:30 Team bonding, intersquad scrimmage	21 Practice 7:30-11:30 Picture Day	22
23	24 Scrimmage Away East Penn 4:00 V 5:30 JV Be @ school by 2:15	25 Practice 3:00-5:00	26 Practice 3:00-5:00	27 Practice 3:00-5:00	28 Practice 3:00-5:00	29
30	31 Practice 3:00-5:00					

“Give your best when your best is required, your best is required every day.” John Wooden