

# BEST PRACTICES

## **BEST PRACTICES FOR IMPLEMENTING THE WEEKLY CURRICULUM**

We understand every coach, team, and program not only have different needs, but also have different time constraints. While our curriculum is intended to be flexible and fully customizable, we have put together some suggestions on the best practices of implementation based on how much time you have per week/day. This can change between on and off seasons, or at different times of the year depending on your program. Always do what works best for you and your athletes!

### **ASK YOURSELF: HOW MUCH TIME PER WEEK DO I HAVE, WITH ATHLETES, TO DEVOTE TO THE 2WORDS CURRICULUM?**

#### **"OUR ATHLETICS SCHEDULE IS VERY TIGHT":**

Read the quotes of the day, everyday and have them posted where your athletes will see them (locker room, field house, weight room, etc). Make sure your coaches are aware of the "3 Things to Look Out For" and are reinforcing those traits throughout the week. Print out, or upload the content to a LMS (such as [Google Classroom](#) or [Schoolgy](#)) and assign your athletes a week at a time. At the end of the week during warm-up stretching, or cool downs, have 2-3 athletes and a coach share what the lesson meant to them.

#### **"I HAVE ABOUT 12 MINUTES A WEEK":**

Read through the Coaches page on "3 Things to Look Out For" and reinforce those traits with your athletes throughout the week. Watch the video lesson on Monday, or on your day of choice. Read and post the quote of the day every day. Make the captains and athletes page available on a LMS (see above) or print it out for athletes to take home and review on their own time.

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## “I HAVE 40 MINUTES A WEEK, OR 10 MINUTES A DAY”:

Read the quote of the day every day. Read through the Coaches page on “3 Things to Look Out For” and reinforce those traits throughout the week.

**Day 1:** Watch the video lesson on your day of choice.

**Day 2:** Split into position groups or small groups. Complete the athletes' page with all groups

**Day 3:** Split into position groups or small groups. Complete the captains' page with all groups

**Day 4:** Have 3 athletes share, for 3 minutes each, what the lesson meant for them.

## “I HAVE 15-25 MINUTES A DAY”:

**Day 1:** Watch the curriculum video on your day of choice. Have a coach share their thoughts on the video lesson.

**Day 2:** Split into position groups or small groups. Complete the athletes' page with all groups. Have a representative from each group, share with the whole group.

**Day 3:** Split into position groups or small groups. Complete the captains' page with all groups. Have a representative from each group, share with the whole group.

**Day 4:** Have 2-3 students, and 1 coach share what they learned this week/ what they are working on/ how they are challenging themselves/ etc. Have the coach share anything contextual to the team.

**Day 5 (optional):** In small groups, or as a whole group, complete the family page together (replace family language with team language).

## QUESTIONS?

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