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| --- | --- | --- | --- | --- | --- | --- | --- |
| April 2025 | | | | A logo with a football ball in the center  AI-generated content may be incorrect. | | | |
|  | | | |  | | | |
| Sunday | Monday | Tuesday | Wednesday | | Thursday | Friday | Saturday |
| ***Sample Week With a Tuesday, Wednesday, Thursday Practice Schedule*** | Exercise: Wall Passing  Time: 20 minutes | Practice Day:  Attitude: 5/10  Focus: 6/10  Effort: 4/10 | Practice Day:  Attitude: 6/10  Focus: 7/10  Effort: 5/10 | | Practice Day:  Attitude: 7/10  Focus: 8/10  Effort: 7/10 |  | Game  Mental Reps  Helped: Yes or No |
|  |  | 1 | 2 | | 3 | 4 | 5 |
|  |  |  |  | |  |  |  |
| 6 | 7 | 8 | 9 | | 10 | 11 | 12 |
|  |  |  |  | |  |  |  |
| 13 | 14 | 15 | 16 | | 17 | 18 | 19 |
|  |  |  |  | |  |  |  |
| 20 | 21 | 22 | 23 | | 24 | 25 | 26 |
|  |  |  |  | |  |  |  |
| 27 | 28 | 29 | 30 | |  |  |  |
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|  | | | |  | | | |
| Sunday | Monday | Tuesday | Wednesday | | Thursday | Friday | Saturday | |
|  |  |  |  | | 1 | 2 | 3 | |
|  |  |  |  | |  |  |  | |
| 4 | 5 | 6 | 7 | | 8 | 9 | 10 | |
|  |  |  |  | |  |  |  | |
| 11 | 12 | 13 | 14 | | 15 | 16 | 17 | |
|  |  |  |  | |  |  |  | |
| 18 | 19 | 20 | 21 | | 22 | 23 | 24 | |
|  |  |  |  | |  |  |  | |
| 25 | 26 | 27 | 28 | | 29 | 30 | 31 | |
|  |  |  |  | |  |  |  | |