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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 PassingTime: 20 minutes | Practice Day:Attitude: 5/10Focus: 6/10Effort: 4/10 | Practice Day:Attitude: 6/10Focus: 7/10Effort: 5/10 | Practice Day:Attitude: 7/10Focus: 8/10Effort: 7/10 |  | GameMental RepsHelped: 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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|  |  |  |  | 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 |
|  |  |  |  |  |  |  |