|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| August 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 |
|  |  |  |  | |  |  |  |
| 24/31 | 25 | 26 | 27 | | 28 | 29 | 30 |
|  |  |  |  | |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| September 2025 | | | | | A logo with a football ball in the center  AI-generated content may be incorrect. | | |
|  | | | | |  | | |
| 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 |  |  | |  |  | |
|  |  |  |  |  | |  |  | |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| October 2025 | | | | | A logo with a football ball in the center  AI-generated content may be incorrect. | | |
|  | | | | |  | | |
| 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 |  | |
|  |  |  |  |  | |  |  | |