

Team	Times	Monday 7/25/2022 Mental Toughness Roy & Alec	Tuesday 7/26/2022 Control Alec & Kayla	Wednesday 7/27/2022 Commitment Kayla & Ryan	Thursday 7/28/2022 Control Ryan & Alexa	Friday 7/29/2022 Confidence Alexa & Roy					
Monterey Condors Youth 12-16 Soccer, Mixed	8:30amPDT	Core Team Prep	Core Team Prep	Core Team Prep	Core Team Prep	Core Team Prep					
	9:00amPDT	Check-in (10 min)	Check-in (5 min)	Check-in (5 min)	Check-in (5 min)	Check-in (5 min)					
	9:10amPDT	Ice Breaker (20min)	Ice Breaker (10min)	Ice Breaker (10min)	Ice Breaker (10min)	Ice Breaker (10min)					
	9:30amPDT	Present, WHAT (15 min)	Present, WHAT (10 min)	Present, WHAT (10 min)	Present, WHAT (10 min)	Present, WHAT (10 min)					
	9:45amPDT	Large Group (20 min)	Large Group (10 min)	Large Group (10 min)	Large Group (10 min)	Large Group (10 min)					
	10:05amPDT	Present, WHY (15 min)	Present, WHY (10 min)	Present, WHY (10 min)	Present, WHY (10 min)	Present, WHY (10 min)					
	10:25amPDT	Small Group (20 min)	Small Group (10 min)	Small Group (10 min)	Small Group (10 min)	Small Group (10 min)					
	10:40amPDT	Present, HOW (15 min)	Present, HOW (15 min)	Present, HOW (15 min)	Present, HOW (15 min)	Present, HOW (15 min)					
	11:00amPDT	Small Group (20 min)	Small Group (15 min)	Small Group (15 min)	Small Group (15 min)	Small Group (15 min)					
	11:15amPDT	Debrief (10 min)	Debrief (10 min)	Debrief (10 min)	Debrief (10 min)	Debrief (10 min)					
11:30amPDT	Core Team debrief	Core Team debrief	Core Team debrief	Core Team debrief	Core Team debrief						
Monterey College, Men's Soccer	12:50pmPDT	Core Team Prep	Core Team Prep	Core Team Prep	Core Team Prep	Core Team Prep					
	1:00pmPDT	Check-in (5 min)	Check-in (5 min)	Check-in (5 min)	Check-in (5 min)	Check-in (5 min)					
	1:05pmPDT	Ice Breaker (10min)	Ice Breaker (10min)	Ice Breaker (10min)	Ice Breaker (10min)	Ice Breaker (10min)					
	1:15pmPDT	Present, WHAT (10 min)	Present, WHAT (10 min)	Present, WHAT (10 min)	Present, WHAT (10 min)	Present, WHAT (10 min)					
	1:25pmPDT	Large Group (10 min)	Large Group (10 min)	Large Group (10 min)	Large Group (10 min)	Large Group (10 min)					
	1:35pmPDT	Present, WHY (10 min)	Present, WHY (10 min)	Present, WHY (10 min)	Present, WHY (10 min)	Present, WHY (10 min)					
	1:45pmPDT	Small Group (10 min)	Small Group (10 min)	Small Group (10 min)	Small Group (10 min)	Small Group (10 min)					
	2:00pmPDT	Present, HOW (15 min)	Present, HOW (15 min)	Present, HOW (15 min)	Present, HOW (15 min)	Present, HOW (15 min)					
	2:15pmPDT	Small Group (15 min)	Small Group (15 min)	Small Group (15 min)	Small Group (15 min)	Small Group (15 min)					
	2:25pmPDT	Debrief (10 min)	Debrief (10 min)	Debrief (10 min)	Debrief (10 min)	Debrief (10 min)					
2:30pmPDT	Core Team debrief	Core Team debrief	Core Team debrief	Core Team debrief	Core Team debrief						
Team	Times	Monday 8/1/2022 Mental Toughness Roy & Alec	Tuesday 8/2/2022 Control Alec & Kayla	Wednesday 8/3/2022 Commitment Kayla & Ryan	Thursday 8/4/2022 Challenge Ryan & Alexa	Friday 8/5/2022 Confidence Alexa & Roy					
Monterey Condors Soccer, Coaches	6:00pmPST	Core Team Prep	Core Team Prep	Core Team Prep	Core Team Prep	Core Team Prep					
	8:00amPST	Check-in (5 min)	Check-in (5 min)	Check-in (5 min)	Check-in (5 min)	Check-in (5 min)					
	8:05amPST	Ice Breaker (10min)	Ice Breaker (10min)	Ice Breaker (10min)	Ice Breaker (10min)	Ice Breaker (10min)					
	8:15amPST	Present, WHAT (10 min)	Present, WHAT (10 min)	Present, WHAT (10 min)	Present, WHAT (10 min)	Present, WHAT (10 min)					
	8:25amPST	Large Group (10 min)	Large Group (10 min)	Large Group (10 min)	Large Group (10 min)	Large Group (10 min)					
	8:35amPST	Present, WHY (10 min)	Present, WHY (10 min)	Present, WHY (10 min)	Present, WHY (10 min)	Present, WHY (10 min)					
	8:45amPST	Small Group (10 min)	Small Group (10 min)	Small Group (10 min)	Small Group (10 min)	Small Group (10 min)					
	9:00amPST	Present, HOW (15 min)	Present, HOW (15 min)	Present, HOW (15 min)	Present, HOW (15 min)	Present, HOW (15 min)					
	9:15amPST	Small Group (15 min)	Small Group (15 min)	Small Group (15 min)	Small Group (15 min)	Small Group (15 min)					
	10:00amPST	Debrief (10 min)	Debrief (10 min)	Debrief (10 min)	Debrief (10 min)	Debrief (10 min)					
10:30amPST	Core Team debrief	Core Team debrief	Core Team debrief	Core Team debrief	Core Team debrief						