



## LEVEL 1 (PLAYERS)

- 1. Mentality Level 1 (Page 47 Book, section 1.2 ebook)**  
**How to mentally prepare to play or practice soccer.**

Discuss or write a paragraph

- 2. Sportsmanship Level 1 (Page 26 Book, section 1.1 ebook + appendix 1.1) Go over the rules of the game and discuss what the lines on the field are for.**

Discuss or write a paragraph

- 3. Respect Level 1 (Page 22 Book, section 1.1 ebook)**  
**Define what respect for your teammates, coaches, opponents, referees, and parents means to you.**

Discuss or write a paragraph

- 4. Lifestyle Level 1 (Page 68 Book, section 1.5 ebook)**  
**Discuss the various elements of a Complete Athletes life and why they are prioritized in the particular order they are as they appear in the book.**

Discuss or write a paragraph

- 5. Academics Level 1 (Page 72 Book, section 1.5 ebook)**  
**Your grades and study habits are extremely important in order to have any chance of playing soccer at the highest level and even more important as you go forward in life.**

Discuss what changes must be made to organize your academic life.