



“ESCOBAS” KEEP YOUR HEAD UP

escoba

FEMININE NOUN

1. (utensil for sweeping)

a. broom

Agarra una escoba y ayúdame a barrer este desastre. — Grab a broom and help me sweep up this mess.

ACTIVITY:

1. Have the athlete wear a hat and **LOOK DOWN** at the end of the broomstick – try to balance it without looking up.
2. Now let them **LOOK UP** and balance it – Easier Right!!!!
3. **Point of Emphasis:** In athletics we can't put our heads down – we lose direction and vision – nothing good happens but keeping our heads up with yield good results. Keep your eyes on the prize and eliminate distractions.

OTHER LESSONS:

- ❖ “Sea Turtles” – Ignore Distractions
- ❖ “The Target & the Turtle”
- ❖ “Two Wolves”

“MAKE IT A GREAT DAY +1”