

# PLAYER ACCELERATION

## Skill Development Program

This skill development program is design to work within your schedule while holding you accountable for continual improvement. It's important for you to know that if you miss a session, pick up right away with the next one. It's those who stop who miss out on incredible gains which can be acquired during the season.

Accountability will be done through the 'Way of Life' App. This is a free app on any phone which has been created to help you to create new habits throughout the program. More information on the use of this App will be given later.



[Click here to download the App](#)



*"Your beliefs become your thoughts, your thoughts become your words, your words become your actions, your actions become your HABITS, your HABITS become your values, your values become your Destiny"*

*~Mahatma Ghandi*

## Part 1 - Fill Out Your Weekly Schedule:

It's time to fill out your weekly schedule. This will help to give you an idea for when you can do your Skills Program. You can be flexible with this schedule.

Everyday will be broken down to morning, day and night. On days you have practice or workout, fill that in the schedule below. You will then be able to see on which days you have time or where to create time in your days to use your Skills Program.

### Example Schedule:

Monday	Tuesday	Wednesday	Thursday	Friday
Morning:	Morning:	Morning:	Morning: Practice 6-7:30am	Morning: <b>Skills Program 6:30-7am</b>
Day: School	Day: School	Day: School	Day: School	Day: School
Night: Practice 7:30-9pm	Night: <b>Skills Program 4:30-5pm</b>  Workout 7:45-8:45pm	Night: <b>Skills Program 4:30-5pm</b>	Night: Workout 5-6pm	Night:

### Fill Out Your Schedule:

Monday	Tuesday	Wednesday	Thursday	Friday
Morning:	Morning:	Morning:	Morning:	Morning:
Day:	Day:	Day:	Day:	Day:
Night:	Night:	Night:	Night:	Night:







Example: Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Morning:  Day: School  Night: Practice 7:30-9pm	Morning:  Day: School  Night: <b>Skills Workout #1</b> <b>4:30-5pm</b>  Dryland 7:45-8:45pm	Morning:  Day: School  Night: <b>Skills Workout #2</b> <b>4:30-5pm</b>	Morning: Practice 6-7:30am  Day: School  Night: Dryland 5-6pm	Morning: <b>Skills Workout#3</b> <b>6:30-7am</b>  Day: School  Night:

Example: Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Morning:  Day: School  Night: Practice 7:30-9pm	Morning:  Day: School  Night: <b>Skills Workout #4</b> <b>4:30-5pm</b>  Dryland 7:45-8:45pm	Morning:  Day: School  Night: <b>Skills Workout #5</b> <b>4:30-5pm</b>	Morning: Practice 6-7:30am  Day: School  Night: Dryland 5-6pm	Morning: <b>Skills Workout#6</b> <b>6:30-7am</b>  Day: School  Night:

Example: Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Morning:  Day: School  Night: Practice 7:30-9pm	Morning:  Day: School  Night: <b>Skills Workout #7</b> <b>4:30-5pm</b>  Dryland 7:45-8:45pm	Morning:  Day: School  Night: <b>Skills Workout #8</b> <b>4:30-5pm</b>	Morning: Practice 6-7:30am  Day: School  Night: Dryland 5-6pm	Morning: <b>Skills Workout#9</b> <b>6:30-7am</b>  Day: School  Night:

**IMPORTANT:** Use the following template to plan your weeks and the days you train for the rest of the season. Make sure to print off this calendar in put in a place that you will see it everyday, on your fridge or in your room, so you remember to complete your skills workout.

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Morning:	Morning:	Morning:	Morning:	Morning:
Day:	Day:	Day:	Day:	Day:
Night:	Night:	Night:	Night:	Night:

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Morning:	Morning:	Morning:	Morning:	Morning:
Day:	Day:	Day:	Day:	Day:
Night:	Night:	Night:	Night:	Night:

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Morning:	Morning:	Morning:	Morning:	Morning:
Day:	Day:	Day:	Day:	Day:
Night:	Night:	Night:	Night:	Night:

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
Morning:	Morning:	Morning:	Morning:	Morning:
Day:	Day:	Day:	Day:	Day:
Night:	Night:	Night:	Night:	Night:

## Part 3 - Accountability:

As important as it is to plan your training, you need to be accountable for when you do it and when you don't. This way your mind gets trained to plan ahead or make up for any lost sessions.

To do this, you will be tracking your progress with the 'Way of Life' App.

After you download the App and go through the initial set up you will be able to create a Journal and follow the steps below to start tracking your workouts.



