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SBTB x Pathway Academy, Pembroke Pines

The following outline provides the agreed upon session dates, duration and location of said sessions, as well as the concentration and workshop topic.

On the following page we've provided detailed descriptions of what each workshop experience will look like tailored to the needs of the coaching staff and players at Pathway Academy, Pembroke Pines.

Session Date + Concentration

- | | | | |
|-------------------|-------------------------------|-------------------|------------------------------------|
| • Aug 17th | Racism. How we speak | • Jan 16th | Competition Card |
| • Aug 22nd | Leave the Chains | • Jan 23rd | Leverage Failure |
| • Aug 29th | Prepare for Elite Performance | • Jan 30th | Shift the Game |
| • Sep 5th | Training with Confidence | • Feb 6th | Competitiveness |
| • Sep 12th | How Self Control Governs | • Feb 13th | Match Day Script |
| • Sep 19th | Culture Values | • Feb 20th | Master Match Day Routine |
| • Sep 26th | Coaching the Culture | • Feb 27th | Winners Lose, Losers Hide |
| • Oct 3rd | Player Assessment | • Mar 5th | How to Beat Perfectionism |
| • Oct 10th | Visualization | • Mar 12th | Developing the Ruthless Competitor |
| • Oct 17th | Self Belief Tool Kit | • Mar 19th | Keep Concentration |
| • Oct 24th | Psychological Profile | • Apr 2nd | Profile the Next Level |
| • Nov 2nd | Dealing with Post Game | • Apr 9th | N/A |
| • Nov 7th | Growth vs. Fixed Mindset | • Apr 16th | N/A |
| • Nov 14th | Meditation | • Apr 23rd | Who Am I |
| • Nov 28th | Intentional Practice | • Apr 30th | Mental Toughness Matters |
| • Dec 5th | Inner Batteries | • May 7th | Building Belief |
| • Dec 12th | The Breakdown | • May 14th | Unlimited Use of Imagination |
| • Dec 19th | Flat Tire Scenario | • May 21st | N/A |
| • Jan 9th | Overcoming Challenge | • May 28th | TBD |

Collateral

One of the elements of our workshop experience we believe creates a powerful distinction between our program and other programs is our intention to design and create a seamless partnership between content, presentation methods, and collateral. In our experience content, presentation methods, and collateral bring together a powerful all around enriching learning environment. From the workshops and their descriptions below you'll find that a majority, if not most, have some element of all 3 baked into the experience (content, presentation methods, and collateral). Whereas the 3 components (content, presentation methods, and collateral) of our workshops and lectures have been developed and vetted to ensure the highest level of participation and engagement. Each program allows room for customization based on the goals of its users.

Workshop Outline

Each workshop, designed in partnership with Pathway Pembroke Pines Academy to be administered during the 2023 Academy school year, will follow the outline below. If a particular workshop deviates from the outline, administrative staff will be notified well in advance to ensure proper communication, resources, and approval.

- **Opening - 1:00-1:05 pm**

During this period, Faheem will begin each workshop with a powerful story or personal share, allowing students to better connect with the subject and material before the beginning of each workshop.

- **1:05-1:15 pm**

During this portion of the workshop, Faheem will reintroduce the subject of the workshop to the group, as well as share any accompanied collateral.

For the majority of workshops, student-athletes will be presented individual collateral for them to use throughout the duration of the session. Student-athletes will also be able to take material home for future application and integration.

- **1:15-1:35 pm (Full-Time)**

This window is referred to as the "initial stage." The initial stage plays a vital role in the proceeding experience. This stage is an opportunity for collaboration and clarity, ensuring all student-athletes are on the same page. Depending on the workshop's design, this stage can range from 15 min to the duration of the session.

- **1:15-1:25 pm (Partial Time, 1/2)**

During "dual-block" workshop experiences, Faheem identifies critical areas within the session to increase enrichment and sharing. To create space for player participation, feedback, and sharing, each "dual-block" will have already baked in time for reflection. During the first of the two parts, this block will focus heavily on information gathering and understanding.

- **1:25-1:35 pm (2/2)**

The second portion of the "dual-block" workshop experience is designed specifically for reflection and overview

- **Closing - 1:35-1:45 pm**

This block will be utilized for reflection, key takeaways, and when applicable, take-home assignments.

- **Coach Space - 1:45-1:55 pm**

After each workshop (assuming the room is organized and ready for the incoming class), Faheem will set aside 10min after each workshop for individual player engagement and support.

Cards

No matter our intention or scope of work, a student-athlete's ability to impact and enrich themselves can only be accomplished after we prioritize and create the proper growth environment. Our desire to connect and honor one another first seeks a safe and integral space before allowing us to open and share fully. With the right environment, the experiences and learning we desire get uninterrupted. Faheem believes that at our core, we all desire to be seen, listened to, and valued; therefore, it's his job to create, maintain and honor a space conducive to that result.

By effectively communicating and receiving collective buy-in from all student-athletes on the expectations, standards, and practices we hold for the group during our workshop experience, we allow each athlete to commit individually and show up in a supportive and helpful way. We endeavor to create a space that meets the needs of all involved.

To support and reinforce the ideal learning environment Faheem will utilize his passion and experience within the game of soccer to enforce an honor system for student-athletes (section to the right):

- All Players will be given one verbal warning for their first infraction before issuing a yellow card.
- After receiving a verbal warning, players will be issued one yellow card per infraction. (Please refer to the rules & policies below)
- As within the game of soccer, upon receiving a second yellow card, equating to a red card, the student-athlete will be asked to leave the classroom/workshop area immediately. (The principal will determine the student-athletes readmission into the program. Possible suspension range 1 workshop - the remainder of the academy season).
- In the event a player does something extremely disruptive or breaks multiple policies at once, a player can be automatically afforded a red card which would lead to his/her immediate removal.

Captain

Throughout the workshop journey, one powerful way Faheem has uncovered to increase player participation and involvement is through assigning a session captain for each workshop experience. As a captain, each player will have a unique opportunity to expand how they lead, support, and impact the information covered throughout the workshop.

Each player will be selected for the captaincy a minimum of one time. Although Faheem strongly encourages every player to fulfill the role of captain multiple times, all players can remove their name from the drawing or express disinterest after the initial round.

Some examples of Captain support:

- Distributing printed material.
- Sharing experience.
- Led workshop assignments. Presenting for his/her group.
- Assist in organizing the room after use.
- If applicable, collect written assignments or materials from teammates.

Count the Votes

In the unfortunate event a player is removed from the workshop due to an infraction; each player's re-entry into the workshop group will first have to go through a collective vote-in by the student-athlete peer group. Each participant will be given veto power, meaning for a player to be readmitted into the workshop, each player will have to vote for their approval and consent. If a player fails to meet the requirement (votes) for readmittance, the player will be allowed a written plea to the group for further consideration. Both Faheem, as well as the principal will respect and support the integrity of the votes.

SBTB x Pathway Online Membership

Each student-athlete and parent will be allowed to register for Faheem's "See ball, think ball@" membership at a "Participating Partnered Program" rate of \$20 per month, in place of the membership standard of a \$70 monthly fee. The "See ball, think ball" membership will create a powerful platform for the continuation of the material covered during each pathway workshop series and touch on additional performance psychology areas not covered throughout the pathway curriculum. The "See ball, think ball" membership will allow student-athletes and parents access and print-specific accompanied material to support home use and out-of-classroom integration and application. * This membership is not mandatory; it only serves as an additional support layer for those interested or in need.

- Access to online video library.
- Access to written collateral, including exercises, mental games, and written material.
- 24/7 email access to Coach Faheem.
- Access to "See ball, think ball@" membership community.

01 Connecting



02 The Groundwork



03 Our Coaching Program: Part I



04 Collateral

During this process, Faheem will present design ideas , written content, as well as formatting for all accompanying collateral. Administrative staff will have the opportunity to contribute to the overall design, as well as make any necessary changes needed.



05 Our Coaching Program: Part II

Any edits or feedback in part by your organization will be discussed for clarity in direction and with the purpose of delivering a finalized coaching program shortly after.



06 It's Time to Get To Work

A finalized coaching program will be presented taking into consideration any feedback that has been shared.



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