SESSION PREPARATION

A checklist for your next session.

Check the booking confirmation, organize your gear, and bring one question for Coach Mo.

1. Review the date, time, meeting type, location, and instructions in your confirmation.
2. Ask Coach Mo about any detail that is unclear before heading out.
3. Prepare water, a ball if requested, and the footwear or equipment specified for your session.
4. Choose one skill or game situation you want to discuss.
5. Note one question for after the session.

MY NOTES / QUESTIONS

Contact Coach Mo: media@mofutbol.tv