



GROUP F
GAME
COMPONENT

Spartan Summer Workout Program

Game Component

Obviously, the best way to prepare for the game is by playing the game. We encourage you to play competitively as much as possible this summer. You can play an 11 v. 11 full game with your club team or pick-up, a 7 v. 7 game, a 4 v. 4 game, or you can play a 1 v. 1 game against your friend or sibling. Anything that is game-like and competitive will be great for you. The more times as you play per week, the better you will get. This does not mean that you can neglect the other work that you need to do, but quality game experience is invaluable to your training as a player. Take advantage of every opportunity you get to play. Make it competitive. Keep score and whatever you do, **DON'T LOSE!!!!!!!**