



Rain Day - Short Guide - TAC Sports



Rain days are a great chance to inspire and improve your campers. The best rain day plans incorporate the following:

1. Solidify your rain day operations in location (room, laptop, projector)
2. Solidify an objective for your rain day or several of the following
 - a. Inspire
 - b. Fitness
 - c. Knowledge
 - d. Fun and bonding
 - e. Skill Building (When indoor gym is applicable)

Inspire

- Bring your computer or loan one from the location and utilize a projector or a tv on location
- Show clips on YouTube of the best players and best tournaments from around the world
- E.I Biking - Tour De France, Soccer - World Cup Highlights

Knowledge

- Review 5 Star Plan & knowledge on specific techniques, strategies and mindsets
- Examples
 - Looking at clips of tennis swings, how to do it better
 - Utilizing the TAC Youtube to show clips of Soccer, Basketball and Tennis
- Watching high level strategy and games
 - Watching basketball NBA clips of specific positions
 - Watching specific soccer strategies
 - Teaching biking signals and traffic suggestions

Rain Day Media Prepared for Rain Day

[Biking Rain Day Media](#)

Fitness

- Preparing fitness games
- Body workout for the children
- Set goals and keep the games fun and

Fun and Bonding

Through Low Organizational Games

- LOG games are games that are fun camp games. Please use the ones in the low organizational game manual provided.
- Yoga and Mindfulness with children

Skill Building (When indoor gym is applicable) - continue your regular lesson programming if you have indoor space, or modified practice.