

# The Skill of Athleticism

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## Santa Clause Moment

- The moment a strong belief is changed or altered.

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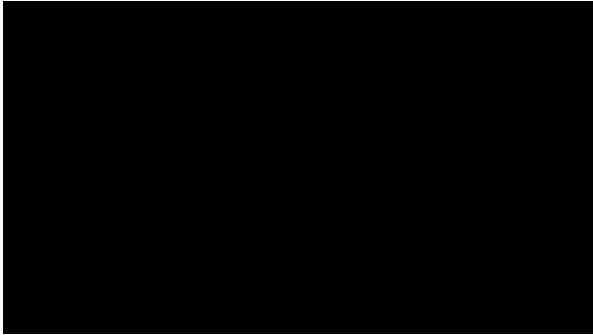
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*Principle 1:*  
  
Athleticism is a skill

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Q: What are the skills needed for soccer?  
  
A: Passing, shooting, dribbling the ball.



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Q: What are the skills needed for water polo?

A: Swimming, treading, and passing



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*Principle 2:*

Athletes = Athletic Habits

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*Law 1:*

Gas pedals vs Brakes

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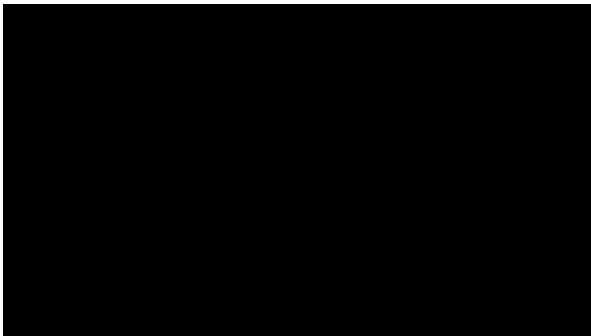
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*Law 1:*

Gas pedals vs Brakes

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Law 2:

Use your Hands

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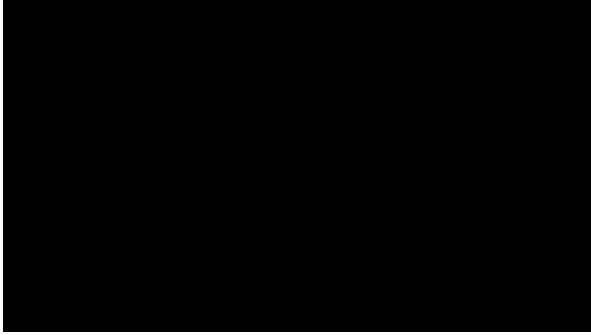
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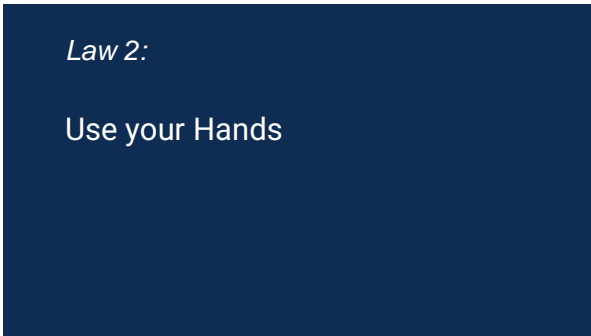
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# CAMC

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