

***SWEET SPOT***  
**BRAIN TRAINING FOR SPORTS  
AND ACADEMICS**  
*Enhancing a Student's Ability to Focus*

**A Transformational Program  
for Physical Literacy**

Developed for America's Schools by  
Billie Jean King • PHIT America  
United States Tennis Association

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**PROGRAM DETAILS**

# **SWEET SPOT BRAIN TRAINING FOR SPORTS AND ACADEMICS**

*Enhancing a Student's Ability to Focus*

For Grades K – 12: In School, After School, or Homeschool

**1**

## **INTRODUCTORY HIGHLIGHT VIDEO (90 seconds):**

What you need to see first

*"There is a natural ball-striker in every child – it is in our DNA."*

[Watch the Video](#)

**2**

## **SWEET SPOT PROGRAM INFORMATION & LESSON PLANS:**

What you need to have

*Specific instructions on how to manage and deliver the entire program, including training videos.*

[Download the Lesson Plans](#)

**3**

## **SWEET SPOT TEACHER PROGRESS REPORT:**

What you need to do

*After two to three classes, please fill out the questionnaire with your feedback and share your personal thoughts on the program.*

[Fill Out the Progress Report](#)