

# BENEFITS OF A SCHOOL SPORTS TOUR

*#powerofschooltrips*

## HEALTHY LIFESTYLE

Passion for their sport should encourage your team to adopt a healthy lifestyle that they continue into adulthood.



## MANAGING PRESSURE

The desire to return home successful will, no doubt, put pressure on your team. But this will help them to learn how to manage pressure and not be overwhelmed by it.



## HARD WORK

A preseason tour can hammer home the message that hard work pays off – sure, they'll be shattered by the end, but they'll soon see the difference when the season starts up again.



## TEAMWORK

Playing against teams of a similar standard to you will expose your team to different playing styles and tactics – you'll really have to come together as a team to adapt.



## COPING STRATEGIES

With every success and failure, your team will become more resilient. They'll learn to never give up and they'll learn how to overcome adversity, both as a team, and as individuals.



## PRACTICE

When taking on opposition in friendly fixtures or international tournaments, your team will soon realise how important their pre-tour training was in preparing them for such challenges.



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