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| **PRACTICE PLAN #** |  | **DATE:** |
|  |  |  |
| **Location:** |  | **# of Athletes:** |  | **Length of Practice** |  |
| **Absent Athletes:** |  |
| **Support Staff:** |  |
| **Goals of Practice:** | 1  | 2  | 3  |
| **INTRO** |
| **Use the space below to outline what you will tell your athletes at the start of practice:** |
| **WARM‐UP** |
| **DRILL:** |
| **Time:****Equipment:****Objective(s) of Drill:****Drill Description:****Key Teaching Points:**1.
2.
3.
 |
| **DRILL:** |
| **Time:****Equipment: Objective(s) of Drill:****Drill Description:****Key Teaching Points:**1.
2.
3.
 |



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| **DRILL:** |
| **Time:****Equipment: Objective(s) of Drill:****Drill Description:****Key Teaching Points:**1.
2.
3.
 |
| **DRILL:** |
| **Time:****Equipment: Objective(s) of Drill:****Drill Description:****Key Teaching Points:**1.
2.
3.
 |
| **MAIN PART** |
| **DRILL:** |
| **Time:****Equipment: Objective(s) of Drill:****Drill Description:****Key Teaching Points:**1.
2.
3.
 |



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| **DRILL:** |
| **Time:****Equipment: Objective(s) of Drill:****Drill Description:****Key Teaching Points:**1.
2.
3.
 |
| **DRILL:** |
| **Time:****Equipment: Objective(s) of Drill:****Drill Description:****Key Teaching Points:**1.
2.
3.
 |
| **DRILL:** |
| **Time:****Equipment: Objective(s) of Drill:****Drill Description:****Key Teaching Points:**1.
2.
3.
 |



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| **DRILL:** |
| **Time:** |
| **Equipment:** |
| **Objective(s) of Drill:** |
| **Drill Description:** |
| **Key Teaching Points:** |
| 1  |
| 2  |
| 3  |
| **DRILL:** |
| **Time:** |
| **Equipment:** |
| **Objective(s) of Drill:** |
| **Drill Description:** |
| **Key Teaching Points:** |
| 1  |
| 2  |
| 3  |
| **COOL DOWN & CONCLUSION** |
| **10 minutes** | **Static Stretching Routine****Debrief:** |
| **PRACTICE EVALUATION** |
| **What worked well:** | **What to change for next time:** |