

**PRACTICE PLAN**

**TEAM:**  **DATE:** **TIME:** **LOCATION:**

**LTAD STAGE:**

**SAFETY NOTES:**

PROGRAM PHILOSOPHY: PRACTICE GOAL(S):

INTRODUCTORY MESSAGES:

WARM-UP:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **ACTIVITIES** | **TIME** | **PURPOSE** | **COACHING POINTS** | **EQUIPMENT NEEDED** |
| *Warm-up activity 1* |  |  |  |  |
| *Warm-up activity 2* |  |  |  |  |

**MAIN PART:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **ACTIVITIES** | **TIME** | **PURPOSE** | **COACHING POINTS** | **EQUIPMENT NEEDED** |
| *Main activity 1* |  |  |  |  |
| *Main activity 2* |  |  |  |  |
| *Main activity 3* |  |  |  |  |

**COOL-DOWN:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **ACTIVITIES** | **TIME** | **PURPOSE** | **COACHING POINTS** | **EQUIPMENT NEEDED** |
| *Cool-down activity 1* |  |  |  |  |
| *Cool-down activity 2* |  |  |  |  |

**CONCLUDING MESSAGES:**