

PRACTICE	PLAN#	1	Date:		
Location:		# of Athletes:	Length of Practice		
Absent Athletes:		# Of Atmetes.	Length of Fractice		
Support Staff:					
Goals of Practice:	1	2	3		
Intro					
Use the space below	Use the space below to outline what you will tell your athletes at the start of practice:				
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WARM-UP					
DRILL:					
Time: Equipment:					
Objective(s) of Drill	:				
Drill Description:				\	
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Key Teaching Points	:		\ //		
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3					
DRILL:		_			
Time:					
Equipment:					
Objective(s) of Drill	:				
			_		
Drill Description:				\	
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Key Teaching Points	·				
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DRILL:	
Time: Equipment: Objective(s) of Drill:	
Drill Description:	
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Key Teaching Points: 1 2 3	
Drill:	
Time: Equipment: Objective(s) of Drill:	
Drill Description:	
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Key Teaching Points: 1 2	
3	
Main Part	
DRILL:	
Equipment: Objective(s) of Drill:	
Drill Description:	
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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	
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 3	
DRILL:	
Time: Equipment: Objective(s) of Drill: Drill Description: Key Teaching Points: 1 2 3	
COOL DOWN & CONCLUSION	
Static Stretching Routine Debrief: 10 minutes	
PRACTICE EVALUATION	
What worked well:	What to change for next time: