



# 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:

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## WARM-UP

### DRILL:

Time:  
 Equipment:  
 Objective(s) of Drill:

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Drill Description:

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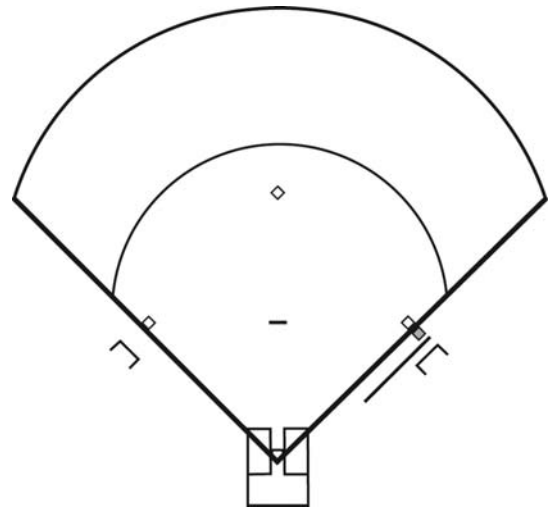
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Key Teaching Points:

1 \_\_\_\_\_  
 2 \_\_\_\_\_  
 3 \_\_\_\_\_



### DRILL:

Time:  
 Equipment:  
 Objective(s) of Drill:

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Drill Description:

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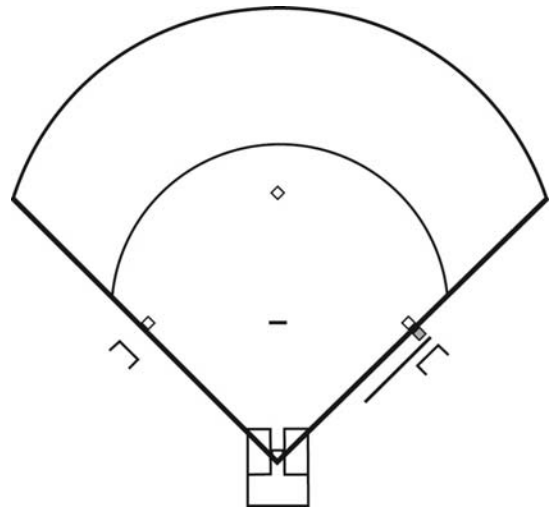
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Key Teaching Points:

1 \_\_\_\_\_  
 2 \_\_\_\_\_  
 3 \_\_\_\_\_



## DRILL:

Time:

Equipment:

Objective(s) of Drill:

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Drill Description:

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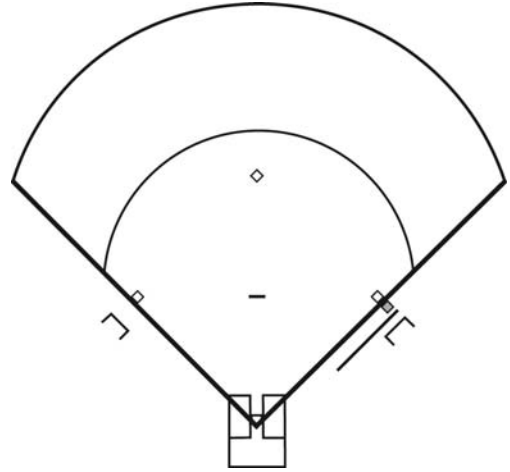
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Key Teaching Points:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_



## DRILL:

Time:

Equipment:

Objective(s) of Drill:

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Drill Description:

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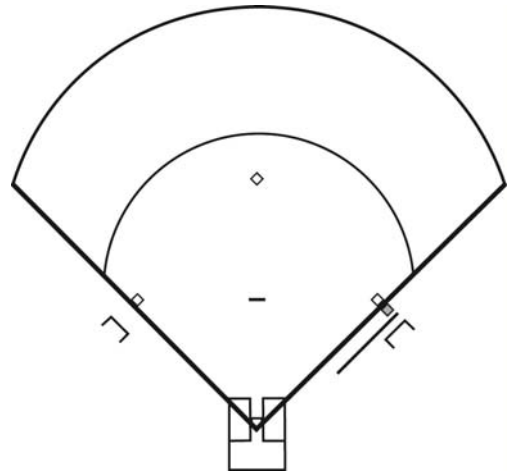
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Key Teaching Points:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_



## MAIN PART

### DRILL:

Time:

Equipment:

Objective(s) of Drill:

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Drill Description:

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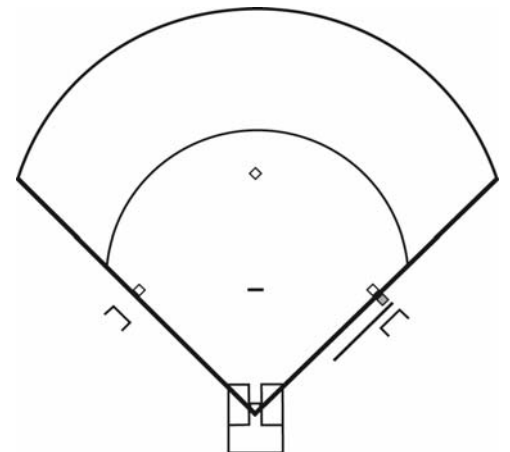
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Key Teaching Points:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_



**DRILL:**

Time:

Equipment:

Objective(s) of Drill:

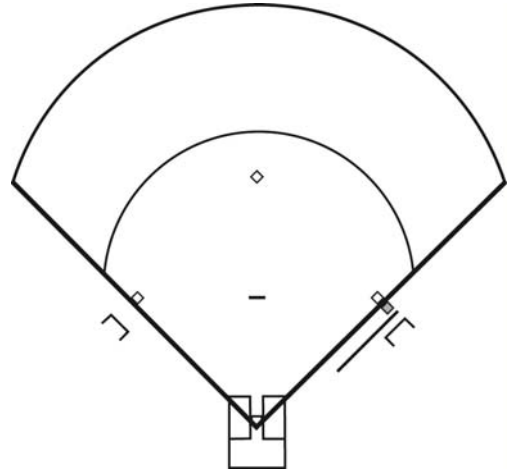
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\_\_\_\_\_

Drill Description:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Key Teaching Points:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_



**DRILL:**

Time:

Equipment:

Objective(s) of Drill:

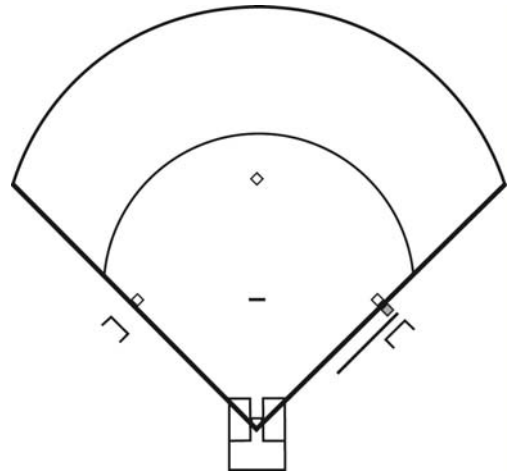
\_\_\_\_\_  
\_\_\_\_\_

Drill Description:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Key Teaching Points:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_



**DRILL:**

Time:

Equipment:

Objective(s) of Drill:

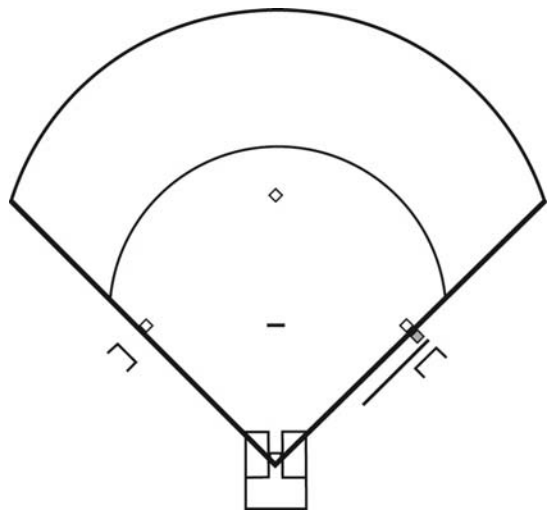
\_\_\_\_\_  
\_\_\_\_\_

Drill Description:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Key Teaching Points:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_



## DRILL:

Time:

Equipment:

Objective(s) of Drill:

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Drill Description:

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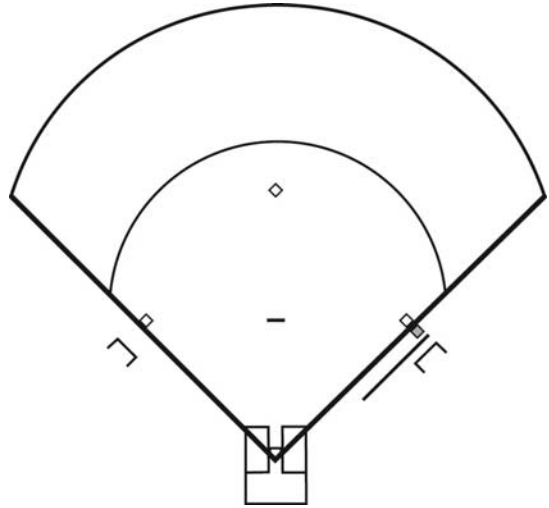
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Key Teaching Points:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_



## DRILL:

Time:

Equipment:

Objective(s) of Drill:

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Drill Description:

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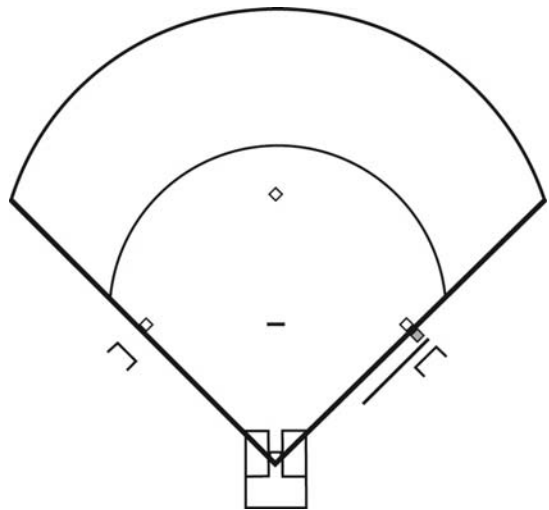
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Key Teaching Points:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_



## COOL DOWN & CONCLUSION

10 minutes

Static Stretching Routine

Debrief:

## PRACTICE EVALUATION

What worked well:

What to change for next time: