



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:

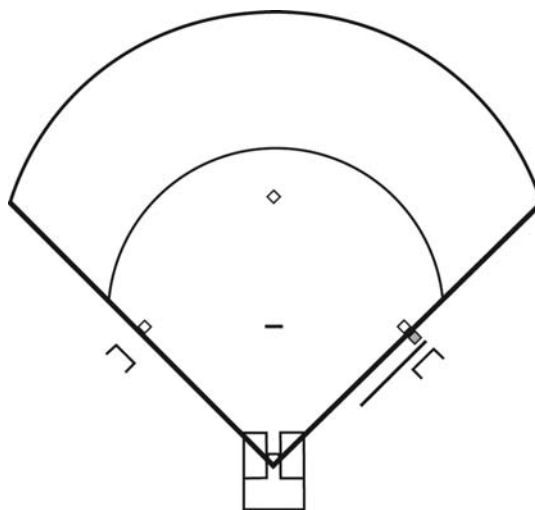
Drill Description:

Key Teaching Points:

1 _____

2 _____

3 _____



DRILL:

Time:
Equipment:
Objective(s) of Drill:

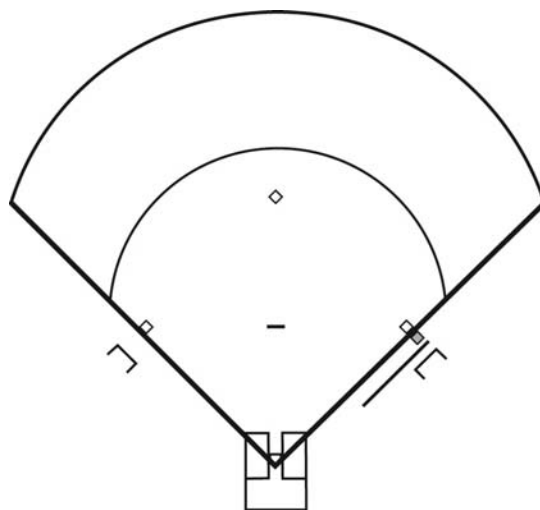
Drill Description:

Key Teaching Points:

1 _____

2 _____

3 _____



DRILL:

Time:

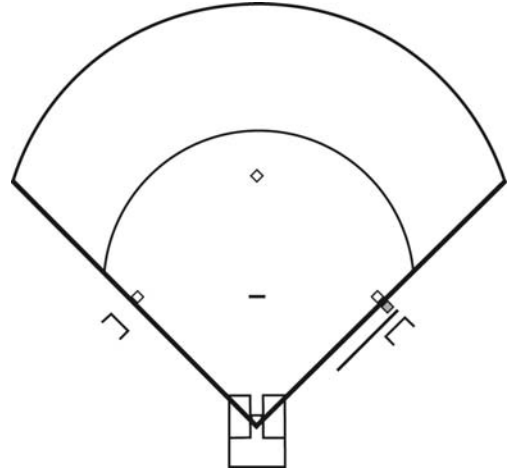
Equipment:

Objective(s) of Drill:

Drill Description:

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL:

Time:

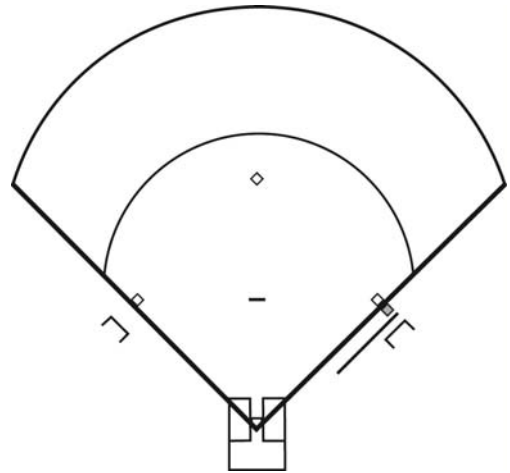
Equipment:

Objective(s) of Drill:

Drill Description:

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



MAIN PART

DRILL:

Time:

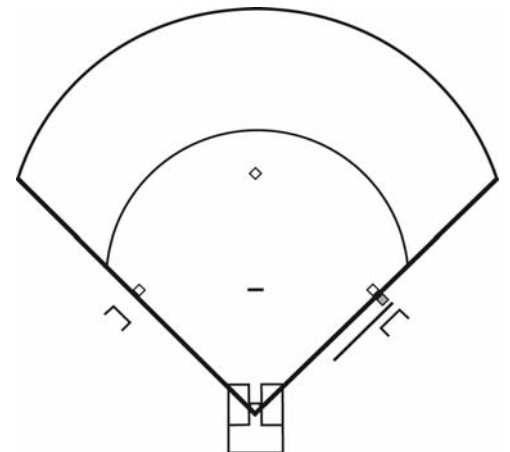
Equipment:

Objective(s) of Drill:

Drill Description:

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL:

Time:

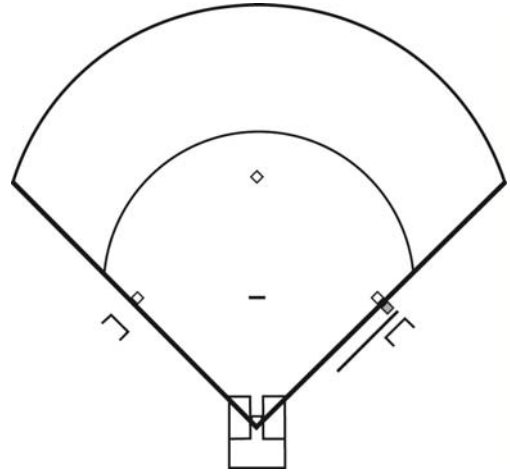
Equipment:

Objective(s) of Drill:

Drill Description:

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL:

Time:

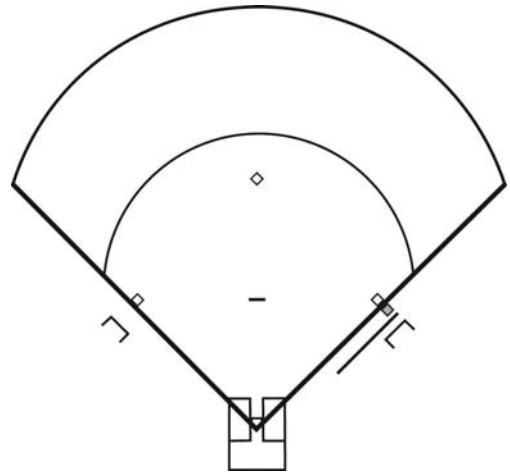
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DRILL:

Time:

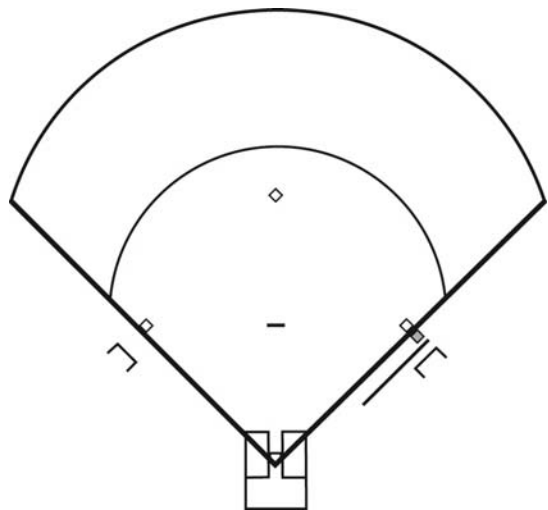
Equipment:

Objective(s) of Drill:

Drill Description:

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL:

Time:

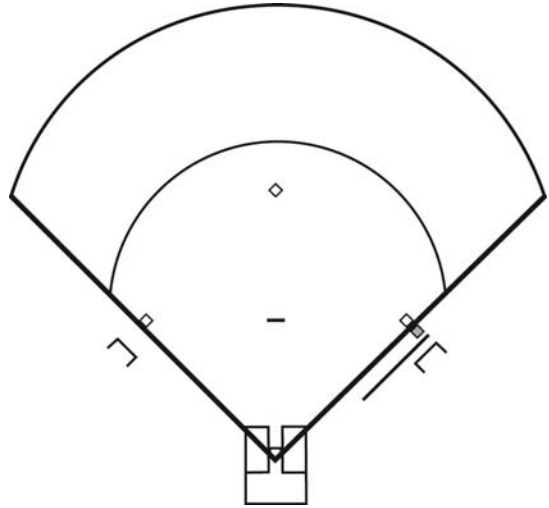
Equipment:

Objective(s) of Drill:

Drill Description:

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



DRILL:

Time:

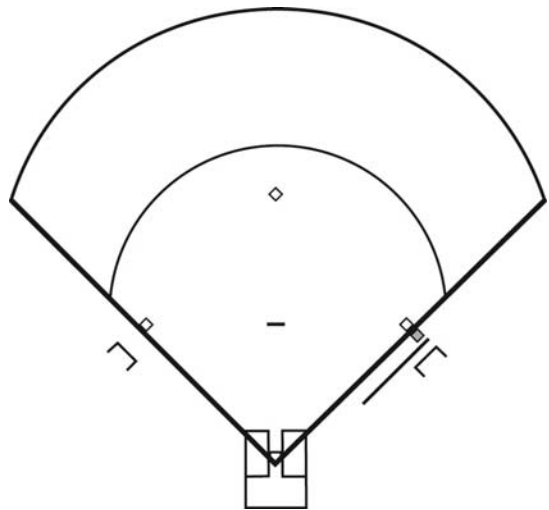
Equipment:

Objective(s) of Drill:

Drill Description:

Key Teaching Points:

- 1 _____
- 2 _____
- 3 _____



COOL DOWN & CONCLUSION

10 minutes

Static Stretching Routine

Debrief:

PRACTICE EVALUATION

What worked well:

What to change for next time: