

Practice Plan

Date:

Location:

Time:

Warm Up (5 minutes) Make the body ready for practice

Leader	Activity	Equipment

Team Talk (4 minutes) Let them know your expectations for practice

Goals for Today	
Previous Skill Lesson	
New Skill Lesson	

Skill Development (20 minute sessions) Games and Exercises to reinforce learning / fun.

Leader	Activity	Equipment

Break (3 to 5 minutes) Supply water and take the skill into the scrimmage.

Reinforce Skills from Today:	
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Scrimmage (15 minutes) Emphasize last weeks skill and new skill

Previous Skill	
New Skill	

Team Talk (5 minutes) Emphasize new skill and techniques from scrimmage

Scrimmage Lesson 1	
Review Last Weeks Skill	
Review Homework	

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