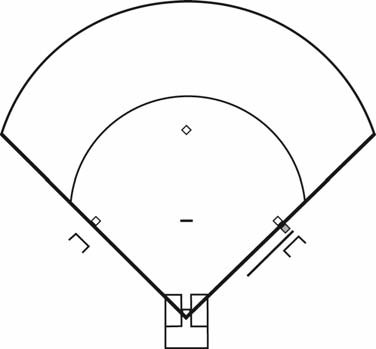
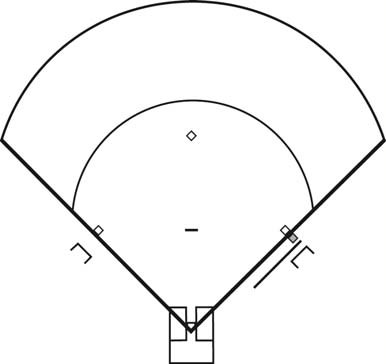
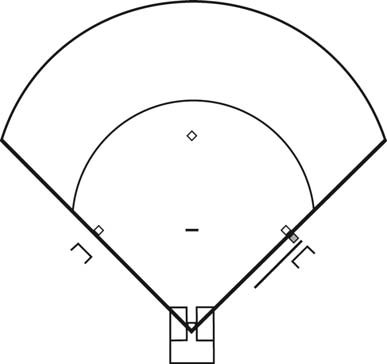
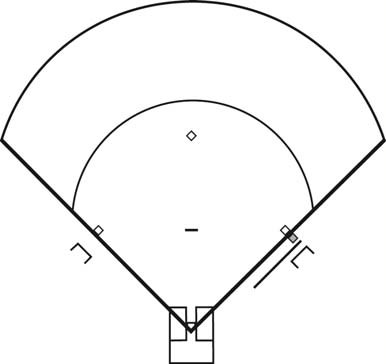
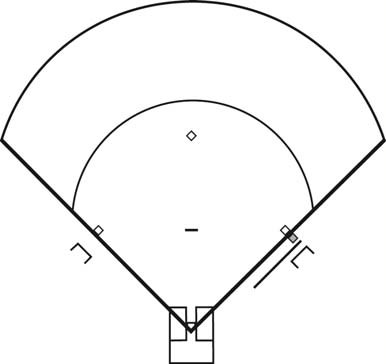
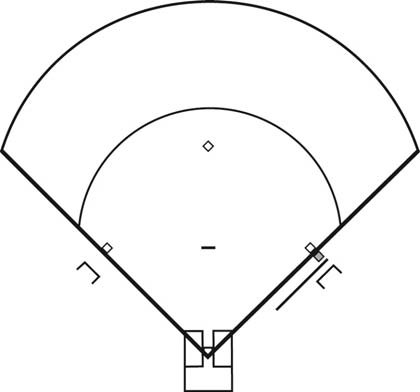


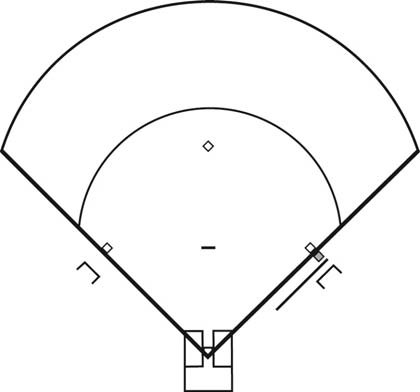
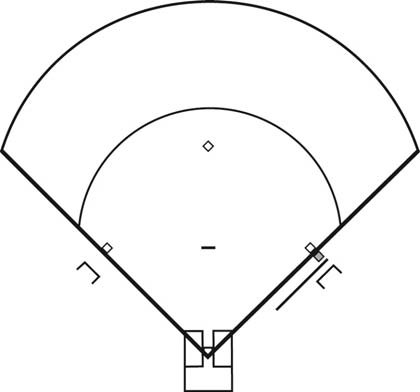
|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **PRACTICE PLAN #** | | | | |  | **DATE:** | | |
|  |  | | | |  | | | |
| **Location:** |  | | **# of Athletes:** |  | | | **Length of Practice** |  |
| **Absent Athletes:** |  | | | | | | | |
| **Support Staff:** |  | | | | | | | |
| **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:** | | | | | | | | |
| **DRILL:** | | | | | | | | |
| **Time:**  **Equipment: Objective(s) of Drill:**  **Drill Description:**  **Key Teaching Points:** | | | | | | | | |



|  |
| --- |
| **DRILL:** |
| **Time:**  **Equipment: Objective(s) of Drill:**  **Drill Description:**  **Key Teaching Points:** |
| **DRILL:** |
| **Time:**  **Equipment: Objective(s) of Drill:**  **Drill Description:**  **Key Teaching Points:** |
| **MAIN PART** |
| **DRILL:** |
| **Time:**  **Equipment: Objective(s) of Drill:**  **Drill Description:**  **Key Teaching Points:** |



|  |
| --- |
| **DRILL:** |
| **Time:**  **Equipment: Objective(s) of Drill:**  **Drill Description:**  **Key Teaching Points:** |
| **DRILL:** |
| **Time:**  **Equipment: Objective(s) of Drill:**  **Drill Description:**  **Key Teaching Points:** |
| **DRILL:** |
| **Time:**  **Equipment: Objective(s) of Drill:**  **Drill Description:**  **Key Teaching Points:** |



|  |  |  |
| --- | --- | --- |
| **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:** |