

# Practice Plan

Date: \_\_\_\_\_ Location: \_\_\_\_\_ Time: \_\_\_\_\_

Goals: \_\_\_\_\_

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

Leader	Activity	Equipment

**Team Talk** (2 minutes) Let them know your expectations for practice

<b>Goals for Today</b>	
<b>Previous Skill Lesson</b>	
<b>New Skill Lesson</b>	

**Skill Development** (25 minutes) Games and Exercises to reinforce learning / fun.

Leader	Activity	Equipment

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

<b>Reinforce Skill from Today:</b>	
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**Scrimmage** (20 minutes) Emphasize last weeks skill and new skill

<b>Previous Skill</b>	
<b>New Skill</b>	

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

<b>Scrimmage Lesson 1</b>	
<b>Scrimmage Lesson 2</b>	
<b>Review Last Weeks Skill</b>	
<b>Review Homework</b>	