

# Practice Plan

Date: \_\_\_\_\_ Coach \_\_\_\_\_ SPORT \_\_\_\_\_

Practice Plan Components	Approximate Time (minutes)	Activities	Floor Plan/Organization	Equipment required
Free Time (athletes) Preparation and time (coaches)				
Warm Up				
Basic motor Skills				
Sport Specific Skills				
Fitness (cardiovascular)				
Cool Down				
Wrap-up (communication with team)				
Evaluation				