

PRACTICE PLAN

Time	Activity	The Plan for Today
5 mins	Warm-Up and Stretch -While stretching talk about overview of practice and goals	
15 mins	Individual Skill Drills	
2 min	Water Break	
15 mins	Team Skill Games	
2 min	Water Break	
15 mins	Scrimmage	
5 mins	Huddle -review of practice -info they need to know	Next Game Date: _____ Location: _____ Time: _____
Warm-up and Stretch	Spend at least 5 minutes exercising to raise your players' heart rates and warm their muscles. Warm-up can be anything from a quick game of tag to running a few laps to conditioning exercises.	
Individual Skill Drills	This is a time for players to work on a skill and develop it as an individual player.	
Team Skill Games	This is a time for players to learn to come together and develop their skills as a functioning group of players. The team skill drills should build on the individual skill drills, providing natural progression from individually mastering a new skill to applying it as a team.	
Scrimmage	There is no better way to prepare for a game and to apply the skills learned throughout practice than to put them to action in a game-type situation. Including a scrimmage in every practice gives your players a chance to develop their teamwork and will enhance their comfort in game situations.	
Huddle	Take just a few minutes at the end of practice to review the skills they worked on and to evaluate the goals set at the beginning of practice. Encourage players to continue to practice throughout the week. Review all the necessary info for upcoming game, location, and time.	
Water Breaks	Whether it is hot or cold, be sure to allow your players to get water at any point during practice. Staying hydrated helps players focus on the skills they're learning.	