



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Norfolk YMCA Sample Practice

Activity	Time	Objectives	Equipment Needed
Warm-Up	3-4 mins	Create a warm-up activity that loosens muscles and gets the blood pumping. Jogging around the field or	
Health and Fitness Circle	5 mins	Players should gather in a circle. The coach will lead the players through a series of stretches.	
Game 1	5-10 mins	Encourages skill development through a fun game.	
Practice 1	5-10 mins	Practice fundamentals of the game through scrimmage.	
Additional games and skill practices as necessary	5-10 mins	Encourages skill development through a fun game.	
Team circle and wrap-up	5 mins	Include lessons about respect, sportsmanship, leadership, character development, etc. Communicate information to players and parents.	



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