



# SAMPLE PRACTICE PLAN

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



# SAMPLE PRACTICE PLAN

<b>Activity:</b>	<b>Time:</b>	<b>Objectives:</b>	<b>Equipment Needed:</b>