



Practice Plan

Team Name: _____

Age and Level: _____

Participant Numbers: _____

Time : _____

Number of coaches: _____

Equipment : _____

Skills Theme: _____

Goals: 1.) _____

2.) _____

Time	Activity	Teaching Points	Equipment & Set-up
	Free Time		
	Warm-Up		
	Skills Theme		
	Water Break and Free Time		
	Skills Review		
	Concluding Activity		
	Cool Down/Chat		

SAFETY: _____

COMMENTS: _____
