



SPORTS PRACTICE PLAN

Team: _____

DIVISION: _____

Date: _____

PRACTICE #: _____

WARM-UP (5-10 min)

Activity	Objective / Focus	Equipment	Time (min)

Breathing - gentle stretch - team gratitude

SKILLS & DRILLS (30-50 min)

Drill / Game	Coaching Points	Organization (setup)	Time (min)

Progression: simple -> game-like - high reps - short lines

COOL DOWN (5-10 min)

Activity	Purpose	Time (min)

Light movement - ball touches - dynamic mobility

NEXT PRACTICE STEPS / OBJECTIVES

COACH'S FEEDBACK / REFLECTION



SPORTS PRACTICE PLAN

Team: _____

DIVISION: _____

Date: _____

PRACTICE #: _____

WARM-UP (5-10 min)

Activity	Objective / Focus	Equipment	Time (min)

Breathing - gentle stretch - team gratitude

SKILLS & DRILLS (10-20 min)

Drill / Game	Coaching Points	Organization (setup)	Time (min)

Progression: simple -> game-like - high reps - short lines

COOL DOWN (5-10 min)

Activity	Purpose	Time (min)

Light movement - ball touches - dynamic mobility

NEXT PRACTICE STEPS / OBJECTIVES

COACH'S FEEDBACK / REFLECTION