

Sample Practice Plan

Sample practice plan: What do these sections mean? How can I plan my practice to run smoothly?

Time	Activity:	Description:	Diagrams/Organization	Coaching Points
5 mins	Warm up & Welcome:	*Have kids run laps, jumping jacks or repeat fun, simple drills from previous practices in order to loosen muscles, get heart rate up, and get rid of little kid wiggles. This is a good time to redo drills/games from previous practices that the kids really enjoyed.	*Make a list of equipment needed to make transitions between activities quick. Kids left without direction tend to act out and get off task. They'll love to help set-up games and activities!	*Praise kids who are not only performing skills well, but those who are following directions or trying really hard!
15-20 mins	Skills & Drills	Introduce the sport's 'skill of the day' with a demonstration by coach and teammate when possible. *Players should sit and watch the coach's demonstration.	*Drawing out the drill on paper and planning the athlete's rotation from line to line will help make transitions quick and will increase activity time!	*Find specific compliments to give the kids as they practice. "I liked how you followed through on that pass!"
5 mins	Water Break	Water for kids, Coach can break down skill drills and set up for Game Play.		
15-20 mins	Game Play	Game like activity or activities where kids will be able practice new skill of the week in a game-like environment. After session 3, kids can play mock game during this time. Feel free to stop play and teach as needed.	*Split teams up ahead of time. *Will there be stations? Do you need a parent volunteer? *Have the kids grab equipment at the end and bring it to you, many hands make light work!	*Reflect on what worked well? What didn't you like? What do the kids need more work on next session? Did they like this game? Was it challenging yet fun?
5-10	Team Circle	Wrap and up review what they've learned today. Have each kid say something; (if they're comfortable) contributing to the discussion empowers them to speak up in the future!		*Did you see a kid that excelled at the skills you taught today? Pull them into the circle to demonstrate the skill correctly. A great confidence builder!

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PRACTICE PLAN:

Time	Activity	Description	Diagram/Organization	Coaching Points
5 mins	Warm Up & Welcome			
5-10 mins	Skills and Drills			
2-3 min	Water Break			
10-15 mins	Game Play			
2-3 min	Water Break			
10-20 min	Game Play			
2-3 min	Team Circle			