SACTOWN SPORTS / COACHES' CORNER

Blank practice plan

A one-page plan for any sport

Team / sport _____ **Date / location** _____

Age / group size _____ **Start / end time** _____

Skill goal _____ **Word of the day** _____

Gear / setup _____ **Water breaks** _____

TIME	PRACTICE BLOCK	ACTIVITY / COACHING CUE
_____ Start / minutes	**Huddle**	_____
_____ Start / minutes	**Warm-up**	_____
_____ Start / minutes	**Skills and drills**	_____
_____ Start / minutes	**Game situation**	_____
_____ Start / minutes	**Contest or relay**	_____
_____ Start / minutes	**Closing huddle**	_____

What the word looks or sounds like _____

Notes for next time _____