

PRACTICE PLAN

Age Level: _____

Objectives:

- 1.
- 2.
- 3.

Warm-Up Activities
Approx. Time

- 1.
- 2.
- 3.
- 4.

Total: min

Main Activities

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Total: min.

Warm-Down Activities

- 1.
- 2.

Total min.

Total Practice Time: Minutes

End Practice with positive reinforcement for their efforts.

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- 1.
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Warm-Up Activities
Approx. Time

- 1.
- 2.
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Total: min

Main Activities

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
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Total: min.

Warm-Down Activities

- 1.
- 2.

Total min.

Total Practice Time: Minutes

End Practice with positive reinforcement for their efforts.

