



Practice Plan



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Date:

Team:

Time:

Coach:

Instructions:

Identify the games and skill drills you want to use and a warm-up, a fitness circle, and a team circle activity. You do not need to fill in all the lines. Enter the minutes for each activity and total the time.

Practice Goals:

Time	Activity Type	Activity Description
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Warm-Up

Fitness

Team Circle

Total Time

Notes