

# Practice Planner

## Phases of a Practice

1. Pre-practice activity
2. Team meeting - during stretches
3. Warm up
4. Positional Training
5. Team Drills
6. Cool Down
7. Post-practice activity (Gym tear down, equipment put away)

**Planning the practice (goal oriented)** Spend 60% of practice time on your strengths!

Opponent: \_\_\_\_\_

Individual Skill work needed \_\_\_\_\_

Team work needed \_\_\_\_\_

**Caution:** Look at BIG Picture for the program, keep end of year goal foremost.

\_\_\_\_\_

*Combine the use of clock and score keeping to maintain a high level of competition within each drill:*

**Clock directed drills** – use score and clock to keep practice on time and intensity high.

**Score directed drills** - use score and clock to keep practice on time and intensity high.

Introduce **new skills** early that will be needed and used in last part of season; allows for skill work to be developed and comfort of use.

Prioritize activities, needs, skills – daily and for the season.

Spend 60% of practice time on your strengths!