

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!