

FULL PRACTICE PLAN



TODAY'S DATE:

TODAY'S ACTIVITY:

TODAY'S LIFE SKILL:

TIME	PART OF PRACTICE	COACHING POINTS
<i>15-30 mins before practice</i>	Informal Time	
5 mins	Warm Up	
10 mins	Activity/Team Building	
40 mins	Skill Practice	
5 mins	Team Time	
<i>15-30 mins after practice</i>	After Session	

Back-Up Plan

For more resources on using our Practice Plan, use the Adaptive Coaching Guide on the [#Up2UsSportsAtHome](https://up2ussports.org/up2ussportsathome) page at <https://up2ussports.org/up2ussportsathome>

ABBREVIATED PRACTICE PLAN



TODAY'S DATE:

TODAY'S ACTIVITY:

TODAY'S LIFE SKILL:

TIME	PART OF PRACTICE	COACHING POINTS
<i>15-30 mins before practice</i>	Informal Time	
5 mins	Warm Up	
15 mins	Skill Practice	
5 mins	Team Time	
<i>15-30 mins after practice</i>	After Session	

Back-Up Plan

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