

Practice Plan Worksheet

Coaches

Date and Time

Location

Safety Notes: Conduct Site Inspection, new Emergency Preparedness Plan, remind participants of playing safe ground rules

INTRODUCTION

WARM UP 1

LTAD STAGE

Active Start

FUNdamentals

Learn to Train

Train to Train

Train to Compete

Train to Win

SKILL LEVEL

ACTIVITY

PURPOSE

TIME

ADD'L EQUIPMENT:

WARM UP 2

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ADD'L EQUIPMENT:

CONCLUDING MESSAGES / REMINDERS