Practice Plan Template

Team		Date	
Coach		Location	
Focus of the day		Equipment	

Time	Length	Block	Drill and coaching points	Notes
0:00	10 min	Warm-up	Dynamic stretch, movement prep	
0:10	15 min	Skill block 1		
0:25	15 min	Skill block 2		
0:40	20 min	Team or small-sided play		
1:00	10 min	Conditioning or game situation		
1:10	5 min	Cool-down and notes	Wins, focus for next practice	

Attendance and notes for next practice:

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