

PRACTICE PLAN for Day/date: _____ Team or Level (e.g. ISC): _____

of Athletes/Unified partners _____ # of coaches _____ Goal for training session: _____

Facility safety check: Equipment Playing surface Layout Supervision Social distance measures

TIME/MIN	WARM-UP		LEAD: _____	
TIME/MIN	ACTIVE STRETCHES	LEAD: _____	PRACTICE EXPLANATION (brief)	LEAD: _____
TIME/MIN	CONDITIONING		LEAD: _____	
TIME/MIN	SKILLS INSTRUCTION			
TIME/MIN	MODIFIED COMPETITION DRILLS/SKILLS COMBINATION			
TIME/MIN	COMPETITION SETTING/SCRIMMAGE			
TIME/MIN	COOL-DOWN & STRETCH	LEAD: _____	TEAM TALK	LEAD: _____

See an example of how to use this under Planning Your Training Season section on our Coach and Sport Resources webpage.

