

Appendix C: Practice Planning Template

Practice Plan			
Team:	Date:	Time:	
Location:			
Practice Objectives:			
Remember: no more than 3 objectives			
Equipment:			
Introduction		Key Messages:	
Warm-Up	Remember: general movement → sport-specific movement	Equipment:	Key Messages/Safety:
Main Part	Remember: basic motor skills, sport-specific skills, fitness component	Equipment:	Key Messages/Safety/Time:

Cool-Down		Equipment:	Key Messages/Safety:
Conclusion			Key Messages:
<p>Modifications for next practice: What worked well this week, what could I change for next practice, how did the athletes respond to these activities</p>			