

Elements of a safe and successful practice

- Check area for safety hazards
- Warmup
- Stretching
- Skills practice
- Competitive/fun session
- Cool down
- Wrap-up and conclusion
- HYDRATE!!!
- *Elements can be added and subtracted, as desired*

1 hour practice plan example

- 8:30-8:55 – Coach arrives and checks area for safety hazards.
- 8:55-9:00 – Walking or jogging to warm-up muscles.
- 9:00-9:10 – Stretching
- 9:10-9:25 – Skills practice
- 9:25-9:30 – Water break
- 9:30-9:40 – Skill practice
- 9:40-9:50 – Competitive/fun session
- 9:50-9:55 – Cool down
- 9:55-10:00 – Wrap-up and conclusion