

FULL PRACTICE PLAN



TODAY'S DATE:

TODAY'S ACTIVITY:

TODAY'S LIFE SKILL:

TIME	PART OF PRACTICE	COACHING POINTS
<i>15-30 mins before practice</i>	Informal Time	
5 mins	Warm Up	
10 mins	Activity/Team Building	
40 mins	Skill Practice	
5 mins	Team Time	
<i>15-30 mins after practice</i>	After Session	

Back-Up Plan

For more resources on using our Practice Plan, use the Adaptive Coaching Guide on the [#Up2UsSportsAtHome](https://up2ussports.org/up2ussportsathome) page at <https://up2ussports.org/up2ussportsathome>

ABBREVIATED PRACTICE PLAN



TODAY'S DATE:

TODAY'S ACTIVITY: Burpee Challenge

TODAY'S LIFE SKILL: Pro-social Connections

TIME	PART OF PRACTICE	COACHING POINTS
<i>15-30 mins before practice</i>	Informal Time Check-in- Highs and Lows	Ask the children to finish the following sentences: The high point of my day was... The low point of my day was... Allow as many people to share but enforce "no forced fun" and judgement free zone
5 mins	Warm Up	Have team complete dynamic warm up along with push ups and squat jumps to get the muscles they will be primarily using warm
15 mins	Skill Practice Discuss/Demo a burpee	What muscles does this activity help build? Encourage them to challenge family and friends to see how many they can do in 5 min.
5 mins	Team Time	Open with an open-ended question. Talk about importance of connecting with family/friends/teachers during this time (being supported/supporting others)
<i>15-30 mins after practice</i>	After Session Informal Time	Say something like, "The next time we meet, we should..." Allow your team to give input and finish the sentence

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