

FULL PRACTICE PLAN



TODAY'S DATE:

TODAY'S ACTIVITY: Balance Exercises

TODAY'S LIFE SKILL: Discipline/ "Practice Makes Perfect"

TIME	PART OF PRACTICE	COACHING POINTS
15-30 mins <i>before practice</i>	Informal Time 1-5 Check in	Get a feel for how the kids are feeling before starting They can show you on their hand or tell you a number 1- Not so great 5- Ready to get started
5 mins	Warm Up Knee hugs Toy Soldier Dynamic Quad stretch YTW	
10 mins	Activity/Team Building Discuss activity and life skill and how the two connect Allow space for questionst	Coach can say, "Today we are going to work on our balance. Balance is important in our everyday life as well as in sport. We will move through a series of exercises today that will challenge you and help to better your overall balance. In order to complete today's activity, you will have to have great discipline. To have discipline means to train your mind and body to stick to the routine no matter how stressful or frustrating the situation is. In other words, work to never given up."
40 mins	Skill Practice Stand with feet together (1 min) Stand with feet together, closed eyes (1 min) Stand with feet together, closed eyes and turn head Stand Heel to toe (Right Heel to left toe) (1 min)-Closed eyes (1 min) Stand Heel to toe (Left Heel to right toe) (1 min)- Closed eyes (1 min) Foot reaches (2 min each foot) Single leg stands (1 min each leg) Airplanes (1 min each leg) Single leg hops (1 min each leg) Bird Dog (1 min each side)	Be sure to actively encourage kids and mention they have to have discipline to perfect each exercise. If they keep practicing, they can get better.
5 mins	Team Time Debrief Sport/Life Skill Connection	Open up with some praise to kids for being present today. Ask an open-ended question like "where else can we show discipline?"
15-30 mins <i>after practice</i>	After Session Cool Down Informal Time	Great time to check in on members of your team and build relationships

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:

TODAY'S LIFE SKILL:

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

Back-Up Plan

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