



Practice Plan:

Date -

Practice # -

Pre-Practice Notes

Practice Session

Min	Drill	Details/Constraints	Groupings	Skill/Phase
	Character Message			
	Warm-Up			
	Skill Development Drills			
				S - B - P - Fi - FW - D
				S - B - P - Fi - FW - D
				S - B - P - Fi - FW - D
				S - B - P - Fi - FW - D
				S - B - P - Fi - FW - D
	Team Concepts			
				TO - TD - HO- HD
				TO - TD - HO- HD
				TO - TD - HO- HD
				TO - TD - HO- HD
				TO - TD - HO- HD
	Competing - Small Sided Games Thru Controlled Scrimmage			
				TO - TD - HO- HD

Skill Key - S - Shooting/B - Ballhandling/P - Passing/Fi - Finishing/FW - Footwork - D - Defense

Phase Key - TO - Transition Offense/TD - Transition Defense/HO - Half Court Offense/HD - Half Court Defense



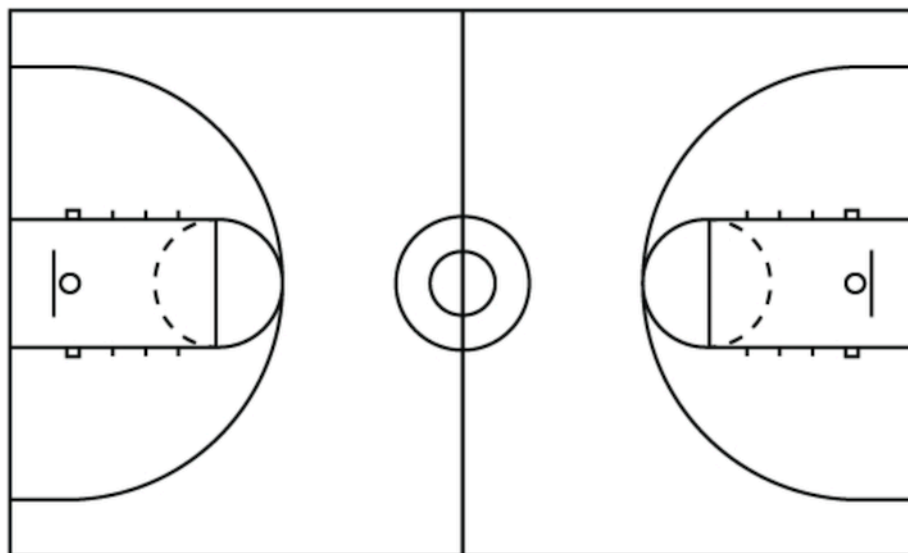
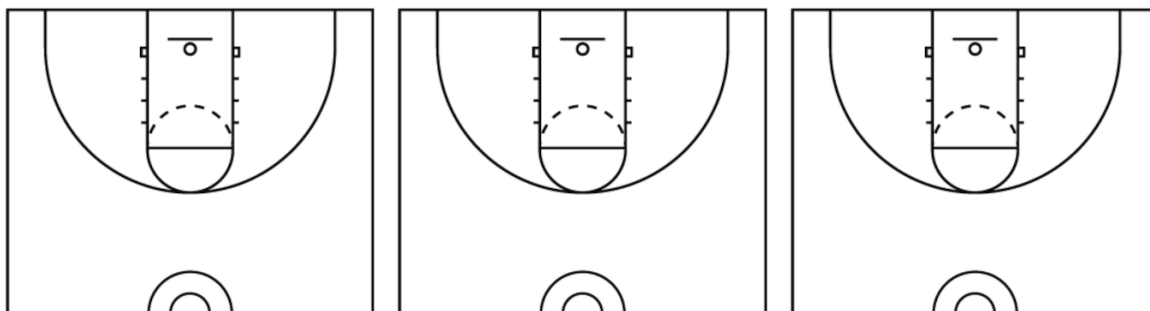
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				TO - TD - HO- HD
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				TO - TD - HO- HD
				TO - TD - HO- HD
				TO - TD - HO- HD
	Close Practice - Reminders			

Post-Practice Comments



Skill Key - S - Shooting/B - Ballhandling/P - Passing/Fi - Finishing/FW - Footwork - D - Defense
 Phase Key - TO - Transition Offense/TD - Transition Defense/HO - Half Court Offense/HD - Half Court Defense