

# PRACTICE PLAN

DATE: \_\_\_\_\_ TIME: \_\_\_\_\_ FOCUS: \_\_\_\_\_

## STRETCHES (5 MINUTES)

## WARM-UP GAME (10 MINUTES)

## BALL CONTROL (10 MINUTES)

## PASSING DRILL (15 MINUTES)

## SKILL/DRILL #1 (20 MINUTES)

## SKILL/DRILL #2 (20 MINUTES)

## COMBINATION/LINEUP WORK (20 MINUTES)

## USE REMAINING TIME FOR A FUN GAME!