

Practice Plan

Date: _____

Leader:		Group:		Event:	
Goal:					

Team Talk - Let the athletes know your expectations for practice.

Goals for Today	
Previous Skill Lesson	
New Skill Lesson	

Event Specific Warm-up - Make the body ready for practice.

Time Frame	Activity	Equipment

Skill Development - Games and exercises to reinforce learning. Make it fun.

Time Frame	Activity/ Drill	Equipment

Break – Water!!

Evaluate Skill Development -

Time Frame	Activity/ Drill	Equipment

Cool Down-

Time Frame	Activity/ Drill	Equipment

Sample Practice Plan

Date: July 4, 2009

Leader:	Dudar	Group:	12-13 year olds	Event:	Long Jump
Goal:	Penultimate Step				

Team Talk - Let the athletes know your expectations for practice.

Goals for Today	The athlete will be able to use the penultimate step to take off into the pit
Previous Skill Lesson	5 Step Runways
New Skill Lesson	Penultimate Step

Event Specific Warm-up - Make the body ready for practice.

Time Frame	Activity	Equipment
6:10-6:15	6x Knee up Runway Drills	10 Banana Hurdles
6:15-6:20	3x30meters alternating bounds	n/a

Skill Development - Games and exercises to reinforce learning. Make it fun.

Time Frame	Activity/ Drill	Equipment
6:20-6:25	Walking Penultimates	n/a
6:25-6:35	Jogging Penultimates	n/a
6:35-6:45	3 step Penultimates off the ramp	Wooden Ramp

Break – Water!!

Evaluate Skill Development -

Time Frame	Activity/ Drill	Equipment
6:50-7pm	3 step penultimates from runway	n/a
n/a		

Cool Down-

Time Frame	Activity/ Drill	Equipment
7:00-7:05	50 on 50 off for 1 lap	n/a