

PRACTICE PLANNING

HOW TO PLAN A PRACTICE

Make sure you have a lesson plan in mind when you walk in the gym. Otherwise the athletes may end up being in charge.

- Make practice fun! It's okay to be silly at times!
- This should be a kid's passion and not drudgery for them.
- Remember every kid is a winner and we must figure out a way to make them a winner.
- Putting fourth any effort is successful.
- Make them responsible through memory and behavior.
- Make listening a priority - speak softly.
- Challenge athletes to repeat instructions to make sure they understand.
- Set and enforce consequences for undesired behaviors from the beginning of the year.
- Remember fun is for everyone, even you!

Lesson Plan Template: This should take no longer than 5 minutes to fill out.

ACTIVITY	TIME (Example 0-10 Minutes)	LEAD INSTRUCTOR
Step 1: Warm Up Notes:		
Step 2: Condition Notes:		
Step 3: Full Body Warm Up/Quick Stretches Notes:		
Step 4: Jump Workout Notes:		
Step 5: Tumbling Notes:		
Step 6: Routines or Stunts/Baskets/Dance Skills Notes:		
Step 7: Flexibility Exercises 45-60 seconds Notes:		
Step 8: Team Bonding/Sports Pysch Notes:		