Active Practice

What is an active practice?
Sport offers valuable opportunities for physical activity. Coaches play an important role in promoting physical activity and fitness among their athletes and can assist athletes in reaching recommended levels. However, it can be a challenge to give fitness the proper emphasis in practice as sport skill development, game strategies/tactics, and sport rules are also necessary to prepare athletes to compete. With minor adjustments to practice plans, coaches can prepare their athletes with tactical and technical skills while also maximizing physical activity, thus improving fitness.

How to prepare for an active practice:
- Create a written plan for every session that includes activities, order, and duration to ensure smooth transitions and maximize activity time.
- Determine teams/groups/partners in advance so that you can assign athletes quickly during the session.
- Set up equipment (e.g., cones, stations, nets) before practice starts.
- When possible, provide enough equipment so that multiple athletes can actively participate at one time.
- Teach the team routines for practice components like warm-up, cool-down, transitions, and basic drills.
- Plan practice sessions that are physically demanding – practice sessions should challenge athletes and include appropriate breaks for rest and water.
- Encourage athletes to put forth their best effort in every activity.

Beyond Practice Sessions:
- Increase the duration and/or frequency of your practice sessions – consider adding 15 extra minutes onto each practice, increasing the frequency from 1-2x/week, and/or extending the season by including a few more pre-season sessions to help promote fitness.
- Encourage athletes to be physically active on non-practice days. Check-in with athletes during practice to hear what they did outside of your organized sessions. Provide praise and reinforcement for any fitness efforts.
WARM-UP

What is a warm-up?

- A warm-up should be the first physical activity in every training session or competition. It helps prepare the body and mind for the activity we are about to do.
- Warm-ups should begin at a slow pace and gradually become a little faster and more difficult.
- A warm-up helps us to reach a state of physical and mental readiness. When we prepare both the body and the mind, we are less likely to suffer an injury and will perform better at each practice, training, and competition.

Why do a warm-up?

Physical Benefits:

- Warm-up prepares the body for sport or exercise and helps to prevent injury by:
  - Increasing heart rate.
  - Increasing breathing rate.
  - Increasing blood flow to the active muscles.
  - Increasing body and muscle temperature.

Mental Benefits:

- Warm-ups prepare the mind to focus on the sport or exercise by:
  - Helping athletes shift focus from life to sport.
  - Mentally reviewing skills previously learned.
  - Connecting the mind and the body (e.g. linking hand and eye coordination).

How do we warm-up?

Step #1: Aerobic Activity (2-5 minutes)

Aerobic activities are whole body movements that will increase the heart rate. It should start at a slow pace and gradually increase in intensity/difficulty and last at least 5 minutes. Athletes should feel warm, a little out of breath, and energized by the end. This can be a really fun part of your training session.

- Examples can include
  - Walking
  - Running
  - Jogging
  - Skipping
  - Dancing

- You can introduce games or dances. Involve your athletes in choosing the activity. Try to be creative. Routine can be helpful for some athletes, but variety is also important.
**Step #2: Dynamic Stretches (2-5 minutes)**

Dynamic stretches consist of active, controlled movements that take body parts through a full range of motion. Some examples are arm circles and leg swings. These are better than traditional/static stretches in the warm-up because the body temperature and heart rate stay elevated. In addition, dynamic stretches have been shown to reduce injury better than traditional stretches.

- **Examples:**
  - High knee march or jog
  - Butt kick step or jog
  - Leg swings
  - Knee circles
  - Hip circles
  - Torso twists
  - Walking kicks
  - Side stepping
  - Arm circles

**Step #3: Sport-Specific Movements (5-10 minutes)**

This is the final part of the warm-up. In this section, focus on skills or movements which are core to your sport. This helps prepare these muscles, joints, and ligaments and the mind for the movements the body will repeat in the training, practice, or sport session. This part of the warm-up can be a great way to review and practice previously learned skills and should move from simple to more complex skills. It can help to have a predictable routine with your athletes for this section. Remember, we are still warming-up and preparing the body, so athletes should be as active as possible. Avoid spending time on lengthy explanations.

- **Examples:**
  - Ball laps have the athletes run laps around the field while dribbling a soccer ball
  - Practice passing the ball back and forth across the field to other teammates

- **Why Sport Specific Movements are Important**
  - Drills are segments of the sport activity that, when separate and focused upon, allow the athlete to perfect technique. Incorporating drills in the warm-up 1) allows the athlete to work on specific muscle groups recruited for the activity at a lower intensity level and 2) allows the athlete to be fresh when completing the tasks by removing obstacles such as fatigue (physical and mental), which will create a greater environment for improvement.
  - Progressions of learning start at a low ability level, advance to an intermediate level, and finally, reach a high ability level. Encourage each athlete to advance to the highest possible level. Drills can be combined with warm-up and lead into specific skill development.
  - You can implement skill related fitness during this section of the warm up like agility, balance, or speed drills.
FITNESS AT PRACTICE

**During Practice Sessions:**
Infuse conditioning exercises that require minimal organization and equipment. Progressively increase repetitions as athletes improve.

**Easy Exercise Examples**
- Curl-Ups
- Side to Side Hops
- Jog in Place
- Plank from Knees
- Mountain Climbers
- Frog Jumps
- Squats
- Jumping Jacks
- Back Lunge
- Burpees
- Jump repetitions

**Tips on how to incorporate these exercises**
- Create circuit with these exercises at the end of practice
- Split the athletes into teams, have 1 group do a sport specific drill (dribbling skills, etc.) and the other do fitness drill (burpees, toe tap hops, etc.)
- During down times, or while athletes are waiting for their turn for a drill, encourage them to do conditioning exercises like push-ups, jog in place, squats, etc.

**Other Ways to add Fitness into the practice**
- The end of practice is often a good opportunity to integrate a few conditioning exercises. Utilize the Fit 5 Fitness Cards to select 3-5 exercises that you can build into a quick circuit. Repeat the circuit 2-3 times for increased benefit.
- Adding sprints at the end of practice
- Adding planks during a warmup
Tips and Tricks

- Have the athletes count out loud the repetitions to work on projecting their voices.
- Make it a game or a competition, see who can do the most push-ups in 1 minute. Encourage athletes to practice at home so they can improve.
- Encourage athletes to jog or walk briskly during transitions and water breaks to decrease down time.
- If drills are done in lines, form multiple lines with fewer athletes in each to reduce time waiting for turns.
- Build in a 10 to 15-minute conditioning component at the beginning or end of each session.
- If multiple coaches available, break into groups so no one is standing around waiting to instructions as often.
- When athletes are waiting for their turn, encourage them to cheer on the other athletes while doing conditioning exercises.

COOL-DOWN

What is a cool-down?

- When your training, practice, or sport session is complete, you should always cool-down. It is just as important to have a good cool-down as it is to have a good warm-up. A good cool-down allows the body to gradually return to a state of rest.
- A typical cool-down includes light aerobic activity followed by stretching. The aerobic activity should gradually decrease in intensity/difficulty. It could be a light jog, moving into a brisk walk, and finally ending to a slow walk. You may also include some strength and conditioning exercises.

Purpose of a cool-down:

- Decrease heart rate.
- Decrease breathing rate.
- Decrease body and muscle temperature.
- Returns rate of blood flow from the active muscles to resting level.
- Decrease muscle soreness.
- Improve flexibility.
- Increases the rate of recovery from exercise.
- Promote relaxation.

Cool-Down Activities

Step #1: Aerobic Cool Down

- A light jog into a walk to help lower heart rate.
- Keep moving until heart rate and breathing are back to somewhat of a normal pace.
Step #2: Static Stretching

- Focus on the major muscles and joints used in the sport and build a routine with at least 5 stretches. Each sport will have different areas of focus.
- It is also smart to include stretches for areas that are generally tight on the general population, for example, hamstrings, hips, rotation, and sides.
- Think about the stretches that might be easier to do in your particular setting. There are modifications to most stretches in order to do them standing, seated, or laying down.
- Make sure to hold each stretch for at least 30 seconds.
- *Examples:*
  - **Upper Body**
    - Neck rolls
    - Shoulder rolls
    - Arm circles
    - Across the body
  - **Trunk**
    - Twist, lower back stretches
    - Arm reaches
    - Windmill
  - **Lower Body**
    - Hamstring stretches
    - Quad stretch
    - Butterfly stretch

**Cool-Down Tips:**

- Develop a standard routine for your cool-down. Not only will this provide an opportunity for you to review the session or provide suggestions leading into the next practice, it will also create a routine you can suggest your athletes do at home.
- Pay close attention to how your athletes are stretching. Ballistic or “bouncing” movements while stretching can cause injury. Stretching may feel a bit uncomfortable but should not be painful.
- Use the time at the end of practice to encourage healthy habits at home. Athletes can listen to your tips and reminders about healthy habits while they stretch.
TIPS AND REMINDERS FOR ATHLETES

Nutrition
- Make sure to bring healthy snacks for long practices and competitions
  - Examples include mixed nuts, fruits, yogurt, low-fat granola bar
- Before practices, be sure to eat a healthy breakfast if possible (some practices may be too early for athletes to do so)
- Avoid foods high in fat, these can take a long time to digest and make you feel tired
- Avoid fast foods, especially before practices, events, and games, since they do not provide the proper energy needed to complete the work required by athletes

Hydration
- Athletes should ALWAYS bring water to practice to ensure hydration
- Athletes need to be instructed to “drink as much water as they want.” If you are practicing in warm environments, you may need to increase the frequency of water breaks. The best replacements for most events is plain water.
- Drink a glass with each meal (breakfast, lunch, dinner and 2 snacks) and more during practice, games and competitions
- Carbohydrate fluid replacement drinks (PowerAde, Gatorade) should not be used frequently, they contain excess calories can contribute to unnecessary weight gain and dental caries. If used, they are more appropriate for the more intense sports such as cycling and track and field.
- **NOTE** – Energy drinks are not recommended; they contain stimulants (such as caffeine) and could impact the athlete’s health. In addition some medications the athletes take can be impacted by excessive caffeine.
8 Week Practice Plan

**Week 1**

- Goal of this practice
  - To introduce the basics of the sport and conditioning needed to make it through the season
  - Focus on stretching and conditioning. Introduce activities as a lifestyle that can be done at home in between practices as it’ll improve their overall day to day life as well as their ability to be an athlete
  - Set up a fitness challenge with weekly goals for athletes to hit as well as make it a fun competition between teammates

- Team Talk
  - Review practice plan for day
  - Expectations for all players both at today’s practice and throughout the season
  - Begin to review rules of the sport

- Warm Up-
  - See the “warm up” section above to plan a proper warm up. Tip: make sure to include both an aerobic and a stretching (specifically dynamic stretching) component.

- Fitness Tests
  - This can help set standards for the rest of the season. Test athletes in the middle and at the end of the season to see if they have improved!
    - **Distance Run**
      - .5 mile -1 mile timed run
      - If you have an outdoor track available this would be the easiest way to run the test. If not, you can set it up around the field!
      - **Directions:** use 2 cones to create a start and finish line. Use a stopwatch to keep track of time.
    - **20-dash**
      - **Directions:** Put down 2 sets of cones. Use 1 cone set for the start line, and the other for a finish line. You can create more than 1 test zone to have multiple athletes go. Time the athletes sprint from start to finish. They can have multiple tries.
      - Tell the athlete that you will begin the stop watch on their first movement (this way you can be at the end zone)
- **Sit Up Test**
  - How many sit ups can you complete in 1 minute
- **Shuttle Test**
  - You can pick and do the 10yrd or 20 yrd shuttle
  - **Directions:** Place two cones down. 1 cone is the starting line and then cone 2 is either 10 or 20yrd away. Have athletes begin at cone 1, they will run to cone 2 then back to cone 1.

- **Cool Down**
  - See the “cool down” section above to plan a proper cool down. Tip: make sure to include both an aerobic and a stretching (specifically static stretching) component.

- **Set goals and activities for participants to work on in between practices**
  - Examples: Being active outside practice for 30minutes per day, Work on your 20/40 yrd dash time, complete 10 pushups 5-7 days a week
Week 2

- **Goal of this practice**
  - Work on the technique of making contact with the ball with different surfaces of your body

- **Team Talk**
  - Review key points from previous practice
  - Review practice plan for day
  - Expectations for all players both at today’s practice and throughout the season
  - Continue to review rules of the sport

- **Warm Up**
  - Keep warm up consistent through the weeks- not only will this help the athlete learn the warm up and get good at it, it will help them get into a routine.

- **Ball Contact Drills**
  - Review all of the proper ways to “hit or touch the ball”
    - Start with the foot- teach the proper surfaces you can use with the foot (inside of the foot, lace, outside of the foot, soles) (NOT TOE)
    - Move to thigh- then to chest – then to head
  - Juggling!
  - Ball on Ground- Combine Surfaces – name a combination of foot skills for them to do.
    - Toe taps, Toe taps forward, tow taps backwards
    - Foot/ thigh juggling
    - Inside outside R, inside outside L, inside outside both feet
    - Inside inside (using inside of both feet)
    - Outside of right only/ outside left only
  - Active Practice Tips:
    - Split the team in half, have half of the team work on throwing drills and the other work on fitness/ conditioning – this will help to shorten the lines, allowing athletes to get more reps while minimizing the standing around. After a certain time, have the groups switch.
    - OR split team into pairs. Have 1 partner do ball work and the other do an exercise. Then switch. You can keep changing the exercise. You can also have them do sprints
Fitness/Conditioning
  - Rectangle Variation Sprint
    - Place 6 cones in a rectangle shape. Each cone 10yd from each other. At each cone have the athlete perform a certain number of a certain exercise (see below). Athlete will sprint to the cone perform the exercise then sprint to the next, hitting all of the cones before completing the drill.
      - Cone 1: 10 Pushups
      - Cone 2: 10 Sit ups
      - Cone 3: 10 Knee Jumps
      - Cone 4-6 repeat exercises (pushups, sit ups, knee jumps)

  - Ladder Drills
    - Search and perform a number of ladder drills. For added difficulty add a cone 10 yds. away and have the athlete sprint to the cone after completing the ladder

  - Cool Down

  - Set goals and activities for participants to work on in between practices
Week 3

- Goal of this practice
  - Focus on proper dribbling technique

- Team Talk
  - Review key points from previous practice(s): ball contact with different surfaces of the body
  - Review practice plan for day
  - Expectations for all players both at today’s practice and throughout the season
  - Continue to review rules of the sport

- Warm Up

- Dribbling
  - Remind athlete of proper way foot surfaces to dribble with
    - Laces, inside of foot, outside of the foot, but not the toe.
  - Open Area Dribbling
    - Start in a big open area
    - Work on keeping the ball close then keeping the head up
      - Using your fingers, hold a number up, have them yell out what it is.
    - Work towards smaller spaces- cut the space in half.
    - Call out commands like left foot only, right foot only, speed up, 20 toe taps, bottom of shoes, laces only, inside of the foot only, outside of the foot.
  - Utilize cones!
    - Set up cones in a line. Have athlete line up behind cones and dribble through them. Limit to specific surface they can use for example this time going through only use lace or only use inside of your foot.
    - Use different cone layouts. Space cones wide apart- have them zigzag to each cone. Use only 2 cones have them drill to a cone turn around the cone and dribble back
  - Hungry Hungry Hipo
    - Place soccer balls in the middle of a square, have athlete run to the middle, grab a ball and dribble it to their area. Player with the most balls win. (You can add in: stealing from other players corners). Add cone goals and say they must travel through 1-2 goals before bringing the ball to their zone.
- **Reaction Dribbling**
  - Set up 4 different areas. Have athlete start with toe taps in the middle of field, point to an area and have them dribbling to that area and back. Make it into a race.
  - Even if every athlete doesn’t have a ball, the whole team can still participate. Those who don’t have a ball can do jumping jacks or pretend to do toe touches. Have the athlete switch (ball or no ball) after 2 sprints.

- **Active Practice Tips:**
  - Split the team in half, have half of the team work on throwing drills and the other work on fitness/conditioning – this will help to shorten the lines, allowing athletes to get more reps while minimizing the standing around. After a certain time, have the groups switch.
  - Create multiple groups or create multiple lanes of cones/layouts of the drills. This way every athlete is participating but the lines are kept short.

- **Fitness/Conditioning**
  - **Wind Sprints**
    - Create using lines on the field or using cones
  - **Fit 5 Circuit**
    - Create an exercise circuit using the Fit 5 Exercise Cards
    - Lay out 5 different exercises, split team into equal groups. Have each group go through each exercise 2 times for 30 seconds

- **Cool Down**

- **Set goals and activities for participants to work on in between practices**
Week 4

- Goal of this practice
  - Proper defensive stance

- Team Talk
  - Review key points from previous practice(s): ball contact & dribbling
  - Review practice plan for day
  - Expectations for all players both at today’s practice and throughout the season
  - Continue reviewing rules of sport

- Warm Up

- Fitness/ Conditioning
  - Redo the Fitness Test! See if the athletes have improved in their fitness!

- Defense
  - Talk to the team about defending. Go over the proper defensive stance (knees bent, approaching at an angle).
  - Practice Stance!
    - Have athletes line up next to each other and behind one another. Instruct athlete to get into defensive position. Have them stand up and then repeat. Once they feel comfortable in the position have them move side to side, front and back!
  - Track your man
    - One person is the attacker the other is the defender. The attacker makes quick movements and tries to lose the defender and run past one of the cones. The defender must stay with the attacker in order to win the race
  - 1v1
    - One athlete is practicing their dribbling the other is practicing their defense. Create 1v1 lanes with cones. Create multiple lanes to have shorter lines.
  - Active Practice Tips:
    - Have athlete do a certain number of exercises (10 pushups, 10 sit ups) while they wait. Have the athlete in the drill do it for 2 minutes straight and send everyone for a lap then switch. Remember creating more grids for each drill will allow for shorter lines and less standing around!
    - Tell the athlete waiting to dribble. For track your man drill, athlete can dribble on the side of the box that athlete don’t run to. For 1v1 lay have cones laid out or a small area specifically for dribbling.

- Cool Down

- Set goals and activities for participants to work on in between practices
Week 5

- Goal of this practice
  - Proper passing technique both short and long passes

- Team Talk
  - Review key points from previous practice(s): ball contact, dribbling, defensive stance,
  - Review practice plan for day
  - Expectations for all players both at today's practice and throughout the season
  - Review rules of the sport

- Warm Up

- Passing (short and long)
  - Go over proper way to pass the ball. Using the inside of the foot, and where on the inside of the foot. Where to hit the ball. The proper steps leading up to passing the ball.
  - Pairs- Short & Long Distance Passing
    - Pair up everyone and allow them to start practicing proper passing form. Make sure they keep the ball under control. Have them understand the weight of the pass (how hard they have to hit it) in relation to where their teammate is.
    - Progress Options:
      - Have the pair take steps back so that the passing length increases
      - Give each athlete two cones and have them create goals: their partner must pass the ball through the cones
      - Start endless amounts of touches, then go to 2 touch then 1 touch.
      - Create groups of 3 instead of pairs. Put 1 person in the middle. Have them sprint to one end pass back. Sprint to the other end receive the ball from and pass back
        - Different combos- pass inside then back outside then long ball to other end.
    - 2v1 – incorporate defense component and passing
    - Circle Drill- works on all skills from previous week. Half of the team create circle other half inside. Work on laces volley, inside foot volley, passing 1 touch, 2 touch, thigh to foot pass, chest to foot.
• Fitness & Conditioning
  o Run Around the Field
    ▪ Have each side of the field represent something different. Long side = jogging, shorter sides = sprint.
  o Sprints with different starts
    ▪ Practice sprinting from different starting positions (lying on back, stomach, push up then sprint, jumping jack then sprint)

• Cool Down

• Set goals and activities for participants to work on in between practices
Week 6

- Goal of this practice
  - Shooting- on target

- Team Talk
  - Review key points from previous practice(s): ball contact, dribbling, defensive stance, passing
  - Review practice plan for day
  - Expectations for all players both at today’s practice and throughout the season
  - Review rules of the sport

- Warm Up

- Shooting
  - Teach proper way to kick or shoot the soccer ball. Talk about power vs accuracy
  - Shooting Lines
    - Start stationary- have them shoot for power
    - Start stationary- have them shoot with accuracy (add cones in goal)
  - Add Movement
    - Create two lines, have them dribble from right and from left side to a cone and then tap the ball forward before striking it.

  - Add a Pass
    - Have two lines. One closes to goal has back turn to goal. They receive the ball from the line furthest away from the goal and lays it off to the right or left side. The athlete runs onto the ball and strikes it.

  - Active Practice Tips:
    - Split team up- one does fitness the other shoots.
    - They switch after 10 minutes. Have athletes work on passing, dribbling or juggling while other half practices shooting
• Fitness & Conditioning
  o Cones
    ▪ Lay down cones in straight line. Have athlete zig zag between cones. Then have them shuffle in and out of cones. Then have them hop sideways through cones. Space cones diagonal and further apart have them run then shuffle diagonally through cones.

  o Exercise Circuit
    ▪ Pick another group of exercises and run through a circuit again!

• Cool Down

• Set goals and activities for participants to work on in between practices
Week 7-8

- **Goal of these practice (s)**
  - Incorporate up to two of the previous weeks drills to reinforce the skills that players have been working on throughout the season.
  - In normal times this would be good times for intra-squad scrimmage but as soccer is a high risk sport this is not allowed. Instead set up skills competitions to create a fun competitive environment amongst teammates.

- **Team Talk**
  - Review key points from previous practice(s)
  - Review practice plan for day
  - Expectations for all players both at today’s practice and throughout the season
  - Continue to review rules of the sport
    - Have a rules test where players get prizes for answering questions correctly
      - Prizes can be:
        - Leading a session
        - Sitting out a conditioning run etc.
        - Or get to play popular position for the day

- **Warm Up**

- **Drills**
  - Review skills practiced in previous weeks.
    - Suggestion: since skills such as dribbling & passing are only focused on for 1 week each, we recommend revisiting these skills during week 7 & 8. These are the most important skills soccer players could have.
  - Circle Drill
    - This works on majority of the skills previously worked on. Plus it’s easy to involve the whole team and its good fitness.
  - Active Practice Tips:
    - Remember that you can split the team in half, have half of the team work on soccer specific drills and the other work on fitness/conditioning – this will help to shorten the lines, allowing athletes to get more reps while minimizing the standing around. After a certain time, have the groups switch.
    - Or add in sprints, laps or other exercises to keep athlete moving!

- **Fitness and Conditioning**
  - Reuse some of the previous fitness and conditioning drills.
  - Make sure to complete fitness test at least once more before the end of the season, preferably on week 8!

- **Cool Down**

- Set goals and activities for participants to work on in between practices.
SAMPLE ACTIVE PRACTICE PLAN
Date: __________________

Practice Focus: Dribbling, passing and controlling the soccer ball

Warm Up 15 minutes

Aerobic
- Light jog around field (5 minutes)

Dynamic Stretches
- High knees, walking leg swings, butt kicks (5 minutes)

Transition: Team jogs to get water while coach explains drills and skills stations while breaking into groups (5 minutes)

Basics and Conditioning
- Basic and progressing passing drills at close range (5 minutes)

Drills/Skill Building 25 minutes

Cone Exercise
- Set cones up to form a tight line down the field
- Have the athletes dribble the ball in and out of the cones down the field
- Focus on keeping the ball controlled and moving as quickly as possible

Shuffling Passes
- Have 2 lines of cones set up across from each other and 2 teams
- Have athletes shuffle sideways down the line while passing the ball around the cones
- Goal is to practice passing the ball at different angles

Notes: ____________________
Transition: Light jog to get water, discuss how to take skills practiced into game play

Game Play

- Split athletes into 2 even teams with at least 7 players per team
- If more than 11 players per team, alternate players each position
- Play two 5 minutes halves
- Allow for water break in the half
- DO NOT stop game to correct techniques

Notes:


Cool Down:

- Aerobic: brisk walk (5 minutes)
- Stretching: quad stretch, butterfly stretch, hamstring stretch, straddle stretch, leg swings, chest openers (5 minutes)

Fitness Lesson of the Day:

Importance of drinking water before, after, and during practice. Talk about signs of dehydration (5 minutes)

Tips/Reminders for Athletes:

- Weekly Challenge
  - Who can drink more that 3 waters this week?
  - Start to use Fit 5 Tracker for water
    - Winner gets to lead cooldown next week
- Ask athletes to practice their Fitness Card Exercises (wall push-ups, curl ups, wall sits) at least 2x for 10 reps before next practice
- Email athletes and caregivers reminder with URL to videos
BLANK ACTIVE PRACTICE PLAN
Date: ________________

Practice Focus: ____________________________________________
___________________________________________________________

Warm Up __________ minutes

Aerobic  Dynamic Stretches  Basics and Conditioning

Transition: ________________________________________________
___________________________________________________________

Drills/Skill Building __________ minutes

Notes: _____________________________________________________
___________________________________________________________
___________________________________________________________
___________________________________________________________
Transition:
_____________________________________________________

Game Play ________ minutes
_____________________________________________________

Notes: __________________________________________________________
___________________________________________________________
___________________________________________________________

Cool Down: ________ minutes
_______________________________________________________

Fitness Lesson of the Day:______________________________________

Tips/Reminders for Athletes:___________________________________
___________________________________________________________
___________________________________________________________