

FULL PRACTICE PLAN



TODAY'S DATE:

TODAY'S ACTIVITY: Explosive Speed Workout

TODAY'S LIFE SKILL: Future Focus

TIME	PART OF PRACTICE	COACHING POINTS
15-30 mins before practice	Informal Time 1-5 Check-In- demonstrate how you're feeling	Get a feel for how the kids are feeling before starting They can act out, describe, or draw how they are feeling
5 mins	Warm Up Dynamic and Static Stretch Warm Up	Youth complete 10-15 min of dynamic and static stretches. Dynamic Stretches: lung and twist, heel to rear, high knees, high kicks, shuffles, back pedal, high skips
10 mins	Activity/Team Building Discuss activity and life skill and how the two connect. Allow space for questions.	Coach can say, "Today we are going to work on some explosive speed drills. These drills will help to develop any athlete for any sport. Whether you play basketball, football, soccer, run track or just want to become faster, building your speed will make you a better athlete. We know that sports are not in season right now, due to the COVID-19 pandemic, but that does not mean that we should not prepare for when we return to our sport. When you prepare ahead and set goals for yourself, you can set yourself up for great success in the future. We call this having future focus.
40 mins	Skill Practice Tuck jumps High knees Butt kicks Kneeling jumps Jump squats Jump lunges Lateral bounds A skip B skip Reverse lunge knee drive	Be sure to actively encourage kids and mention how their preparation and practice will help them to be successful in the future.
5 mins	Team Time Practice praise	Lead kids in a shoutout group, i.e. "I want to shoutout ____ for doing ____." Allow as many children to positively shout each other out as time allows.
15-30 mins after practice	After Session Informal Time	Great time to connect one on one with kids and have conversations about practice and life.

Back-Up Plan

Can be done indoors or outdoors. Coach may need to adjust distances based on the space available for practice.

For more resources on using our Practice Plan, use the Adaptive Coaching Guide on the [#Up2UsSportsAtHome](https://up2ussports.org/up2ussportsathome) page at <https://up2ussports.org/up2ussportsathome>

ABBREVIATED PRACTICE PLAN



TODAY'S DATE:

TODAY'S ACTIVITY:

TODAY'S LIFE SKILL:

TIME	PART OF PRACTICE	COACHING POINTS
<i>15-30 mins before practice</i>	Informal Time	
5 mins	Warm Up	
15 mins	Skill Practice	
5 mins	Team Time	
<i>15-30 mins after practice</i>	After Session	

Back-Up Plan

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