

Practice plan

Team / group _____

Date _____

Start – end _____

	CLOCK	BLOCK (DRILL, GROUPS, THE ONE POINT)	DONE
1			☐
2			☐
3			☐
4			☐
5			☐

Athlete	The one point today	Said it
		☐
		☐
		☐
		☐
		☐
		☐

After practice, two minutesWhat ran long, what got cut:
_____Who got no feedback today:
_____The one thing to carry to next practice:
