



Practice Schedule Example

This template is for coaches to use as a visual representation of what to expect at practice on any given day. The first four slots show an example of how a coach could use the template, and the last three are examples of what to show athletes.

Page 2 has a blank template to be printed off.

Time	Description of Activity	Goals/Outcomes
6:30-6:40	<ul style="list-style-type: none"> Dynamic Warm-Up Includes: lining up on baseline, doing 4-5 down backs of different stretches, and discussing the plan for practice for the day 	<ul style="list-style-type: none"> Athletes are loose and ready to get moving Athletes know what we are focusing on at practice for the day
6:40-6:55	<ul style="list-style-type: none"> Passing Stations Athletes will rotate through stations on chest pass, bounce pass, and skip pass. 	<ul style="list-style-type: none"> Learning when different passes are good to be used Better catching ability
6:55-7:15	<ul style="list-style-type: none"> Shooting/Layup Drill Athlete will catch the ball at the free throw line Depending on what a coach on defense does, they can either shoot the shot, or dribble around them for a layup 	<ul style="list-style-type: none"> Confidence with shot Ability to choose the shot based on what the defender does Using both hands to dribble around defender
7:15-7:20	<ul style="list-style-type: none"> Scheduled break for water, cooling down, asking questions about practice so far 	<ul style="list-style-type: none"> Re-energize athletes Clear up confusion from first two drills
7:20-7:45	Moving without the ball drill	Endurance, game flow
7:45-8:15	3-on-3-on-3 drill "Small team scrimmage"	Moving without ball, shot selection
8:15-8:30	Cool down and recap of practice When is next practice?	Ask any questions



Practice Schedule Template

This template is for coaches to use as a visual representation of what to expect at practice on any given day.

Time	Description of Activity	Goals/Outcomes