



## Sample Practice Plan Based on 1.5 hour practice

Time	Group 1	Group 2	Group 3	Group 4	Group 5
5 Minutes	Team Meeting	Team Meeting	Team Meeting	Team Meeting	Team Meeting
15 Minutes	Stretch/ Warm Up	Stretch/ Warm Up	Stretch/ Warm Up	Stretch/ Warm Up	Stretch/ Warm Up
10 Minutes	Station 1	Station 2	Station 3	Station 4	Station 5
10 Minutes	Station 2	Station 3	Station 4	Station 5	Station 1
10 Minutes	Station 3	Station 4	Station 5	Station 1	Station 2
10 Minutes	Station 4	Station 5	Station 1	Station 2	Station 3
10 Minutes	Station 5	Station 1	Station 2	Station 3	Station 4
10 Minutes	Conditioning	Conditioning	Conditioning	Conditioning	Conditioning
10 Minutes	Parent Meeting	Parent Meeting	Parent Meeting	Parent Meeting	Parent Meeting

	Station 1	Station 2	Station 3	Station 4	Station 5
Objective	Insert Station Description and Objective for the day here.	Insert Station Description and Objective for the day here	Insert Station Description and Objective for the day here	Insert Station Description and Objective for the day here	Insert Station Description and Objective for the day here