



DAILY PRACTICE PLANNER

Tips to remember when planning an effective practice:

- Use realistic time-periods based on your team's age and ability
- Take into account transition time between activities, allow for adequate warm-up, water breaks, and cool-down
- Use a progression approach—don't start with too complicated a skill or activity if you haven't previously broken the concept down
- Be willing to adjust your plan based on the needs of your team
- Have fun, be creative, and enjoy coaching lacrosse!

*Please refer to Guidelines to Designing an Effective Workout and Practice in the Coaches Binder (reference section) for more information on planning a practice

Date:

Location:

Goal for today:

Skills to cover:

Team strategies to cover:

Performance emphasis for today:

Pre-practice announcements:





| Time (duration) | Concept/Teaching Points | Drill/Activity |
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Post-practice announcements/reminders:

Reflection and evaluation of practice:

