



Putting It All Together: Sample Practice Plans

The examples below contain three level-specific sample practice plans. They are NOT rigid breakdowns of how you must use your time. Rather, they give you practical timelines and guidelines to insure that you fully develop and prepare your players by covering all aspects of the game.

You will need to vary your practices based on your personal assessment of where your players are in the season, what they need for the next game, and the skills that they will need to have more success. Each sample plan has broad categories so that you can vary practice activities based on the individual needs of your team. *Be creative.*

It is recommended that when executing your practice plan, you stick to realistic time frames for the age level you are working with, even when players do not achieve the expected level of competence in a drill's time allotment. Also, take into consideration transition time from activity to activity.

Drills may be found in the reference section, though often the best ones are those that you design based on your own team's needs. The practice plan examples may be used for planning either boys' or girls' practices.

Note: Before any activity begins, a coach must be sure all safety equipment is being worn and is properly fitted.

Youth Practice 12 and Under (60-75 Minutes)

- **0:00-0:05** Begin pre-practice form passing as players arrive (2 players to a ball)
- **0:05-0:15** Running (Form, Cones, or Agility—Younger players need to be taught proper form in running rather than stretching)
- **0:15-0:20** Form Circle (Demonstrate Stick Skills-Players Mirror Skills)
- **0:20-0:30** Line Drills/Shuttles (Stress at the beginning of year-- move to passing on the run drills as season progresses)
- **0:30-0:40** Fun Skill Drill Activities—Develop use of space drills as players progress (Weaves, 3 on 2 Drills)
- **0:40-0:50** Transition or fastbreak drills, can alternate with team strategy drills based on observed needs and team development
- **0:50-0:60** or 0:75 Basic Offense/Defense Half Field- or full field scrimmage if possible (emphasize specific areas of focus)

Note: You shouldn't need sprints if everybody has worked hard in these drills—Your practice should never exceed 1.25 hours





Intermediate Practice Middle School or Junior High School (75-90 Minutes)

- **0:00-0:05** All mouthguards shown to coach and IN! Begin prepractice form passing as players arrive (2 players to a ball)
- **0:05-0:115** Light running (conversational speed) followed by light stretching
- **0:15-0:30** Warm-up stick skills (High intensity shuttle or line drills at the beginning of year-- move to passing on the run/clearing drills as season wears on)
- **0:30-0:50** Transition or fastbreak drills/vary with special skills needed drills (Examples: Pick and roll—Cutting—backdoor cuts)
- **0:50-0:70** Basic offense/defense in half field situation. Teach team strategies and tactics in game simulated situations
- **0:70-0:85** Full Field Scrimmage—pick specific area(s) of focus
- **0:85-0:90** Cool-down, thorough stretching

Note: As the season progresses, you can vary scrimmage time with basic offense/defense teaching time and use minutes 50-90 in a manner that enables you to teach or review team strategy in a full field scrimmage situation. Your practice shouldn't normally exceed 1.5 hours

High School Practice Varsity or Junior Varsity (90-120 Minutes)

- **0:00-0:05** All mouthguards shown to coach and IN! Begin pre-practice form passing as players arrive (2 players to a ball)
- **0:05-0:15** Light running (conversational speed) followed by light stretching
- **0:15-0:30** Warm up stick skills (Be creative with these so players do not become complacent. Examples-High intensity shuttle or line drills at the beginning of year-- move to passing on the run/clearing drills as season progresses)
- **0:30-0:50** Transition or fastbreak drills
- **0:50-0:70** Special skills needed drills (Examples: Pick and roll, cutting/backdoor cuts)
- **0:70-0:90** Basic Offense/Defense in half field situation—teach team strategies and tactics in game simulated situations (On a high school level, this is often directed at the plan for your next opponent)
- **0:90-1:15** Full field scrimmage (Can work clearing and riding situations into)
- **Alternate activity:** Special skills-situations (Examples: Team strategies, extra man, shooting, free position, stalls)
- **1:15-1:20** Cool down, thorough stretching

Note: On a varsity and junior varsity level the practice plan will vary with the proximity of the next game (lighter practices the day before a game) as well as where you are in the season. You will need to build in conditioning as part of the practice plan. For variety, consider building sprints and running in throughout the practice rather than only at the end, taking time adjustments into account.

