



PRACTICE PLAN

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| Practice and Date: | <u>Coaches Reminders</u> |
| Team # 1: | |
| Team # 2: | |
| Post-Huddle: | |
| | |
| Notes: | |

| RunningTime | Min | Drill | Notes | Emphasis | Culture |
|-------------|-----|-------|-------|----------|---------|
| 5:00 - 5:10 | 10 | | | | |
| 5:10 - 5:15 | 5 | | | | |
| 5:15 - 5:30 | 15 | | | | |
| 5:30 - 5:30 | 10 | | | | |
| 5:30 - 5:40 | 10 | | | | |
| 5:40 - 6:00 | 20 | | | | |
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|-----------------|--------------------------|------------------|
| Emphasis/Focus: | <u>Coaches Reminders</u> | |
| White Team: | | |
| Blue Team: | | 3 C's: |
| Post-Huddle: | | Relationships: |
| | | |
| Notes: | | Other Reminders: |

for more resources, information, and all your hooping needs check out infohoops.com