

## Practice Pan Template

Note: Activity Times Should Average 20 minutes per activity. Made for 75 Minute Practice – Add 5 minutes per activity for 90 Minute practice if daylight allows.

Time Allotted	Area of Focus	Activity	Notes
5 Minutes	Team Meeting		
10 Minutes	Warm Ups	<ul style="list-style-type: none"> <li>- Stretching:               <ul style="list-style-type: none"> <li>o Toe touches</li> <li>o Hurdler Stretch</li> <li>o Stretch Arms Over head</li> <li>o Arm circles Big</li> <li>o Arm circles Small</li> </ul> </li> <li>- Calisthenics:               <ul style="list-style-type: none"> <li>o Jumping jacks</li> <li>o Running with high knees</li> <li>o Running with butt kicks</li> </ul> </li> <li>- Sprints in outfield from foul line to Coach (100-120 Feet) – 3 Sprints (50% Speed, 75% Speed, Full Speed)</li> </ul>	
20 Mins.		Activity 1:	
20 Mins.		Activity 2:	
20 Mins.		Activity 3:	
T = 75/90 Mins.			