



*\*Print and Utilize the template to plan effective practices\**

## **Practice Plan Template (20Min Interval)**

Practice Minutes

00:00-00:05 \_ Welcome \_\_\_\_\_

00:05-00:25

00:25-00:30 \_ Water \_\_\_\_\_

00:30-00:50 \_\_\_\_\_

00:55-00:60 \_ End \_\_\_\_\_

\*This plan allows for a more in depth focus on specific skills and drills.