



Sample Practice Plan Template

Big Hairy Audacious Goal - "BHAG":

Style of Play:

Rules/Guiding Principles:

1. 100%
2. Team

3. Have Fun
4. Constant improvement (team and individual)

Team Goals:

Goal #1

Goal #4

Goal #2

Goal #5

Goal #3

Goal #6

Debrief

Focus - Key Fundamentals and WHY:

Warm-up:

Drills:

Fun Competition:

Summary and discussion points: