

DAILY PRACTICE SCHEDULE

Team: _____ Date: ____ / ____ / ____ Coach: _____

TIME	ACTIVITY / DRILL	KEY OBJECTIVES	LOCATION
0:00 - 0:15	Dynamic Warm-up	Flexibility & Heart Rate	Main Gym
0:15 - 0:45	Fundamental Drills	Skill Acquisition	Station A
0:45 - 1:15	Tactical Play	Team Strategy	Full Court/Field
1:15 - 1:45	Conditioning	Sport-specific Stamina	Track
1:45 - 2:00	Cool Down / Debrief	Recovery & Feedback	Sideline

COACH'S ANNOUNCEMENTS & EQUIPMENT NEEDS:

Middle School Athletics Department's Practice Template