



Appendix 7 — Practice Plan Template

Date: _____ Time: _____ Location: _____

Coach: _____

Team Members: _____

Context (check): Early Season Mid-Season Late Season

Additional material attached/provided:

Goals/Objectives:

Equipment/resources needed:

Potential Practice Risk Factors:

See Template for Practice on Next Page

Please complete this portion after the practice: _____

Athletes' Assessment of Practice/Debrief:

Notes for Next Practice:



Pre-Practice Activity Time Allotted	Complete EAP & Facility Safety Checklist		
	Activities	Segments	Key Factors
		Introduction	
		Warm up	
		Main Part	
		Cool-down	
		Conclusion/Debrief	