

## YMCA Youth Sports Practice Plan

Date: \_\_\_\_\_ Team: \_\_\_\_\_

Time: \_\_\_\_\_ Coach: \_\_\_\_\_

Time	Activity Type	Activity
10	Warm-Up	
5	Fitness Circle	
10	Game 1	
20	Skill Practice	
10	Game 2	
5	Team Circle	
60 = Total Time		

**Notes:**