



## HSC PRACTICE PLAN

Theme:

Objective:

<u>Time</u>	<u>Activity</u>	<u>Diagram</u>	<u>Coaching Points</u>
	<u>Warm Up</u>		
	<u>Technical Phase</u>		
	<u>Possession Phase</u>		
	<u>Game Related/Conditioned Game</u>		
	<u>Scrimmage</u>		



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<u>Time</u>	<u>Activity</u>	<u>Coaching Method</u>	<u>Coaching Points</u>
	<p><b><u>Warm Up</u></b> Ball Each- maximum touches, physical pace and mental focus established.</p>	One on One interaction with all players	These are the things you will say to the players to correct and reinforce physical performance.
	<p><b><u>Technical Phase</u></b> Repetitive physical exercise to develop muscle memory and consistency of physical execution.</p>	Group interaction and correction with physical demonstrations	Along with intellectual understanding of what you want them to achieve.
	<p><b><u>Possession/Skill Phase</u></b> Introduction of pressure, could be a defender, could be a target, could be a time limit to make the practiced techniques more game like.</p>	One on One and small group Corrections, use peer demonstrations	
	<p><b><u>Game Related/Conditioned Game</u></b> Relate your topic to a real game scenario. Could be attack V defense or a scrimmage that has a specified rule to reinforce and encourage the skill practiced.</p>	1.Game Stoppages: Natural Stoppages-when the ball goes out of play. 2.Freeze- Recreate, Rehearse, Restart	
	<p><b><u>Scrimmage</u></b> Play without conditions, assess the players success and understanding of the practice theme.</p>	One on one let the game flow, withdraw the individual from the game	