

BBAI Practice Plan

Date:

Time:

OBJECTIVES:

Warm Up (5 minutes) Make the body ready for practice

Activity	Equipment

Team Talk **OVERALL PRACTICE OBJECTIVES:**

Goals	
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Skill Development Games and Exercises

Activity	Equipment

Break

Reinforce Skill from Today:	
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Scrimmage (20 minutes) Emphasize last weeks skill and new skill

Previous Skill	
New Skill	

Team Talk (5 minutes) Emphasize new skill and techniques from scrimmage

Scrimmage Lesson 1	
Announcements	
Review	