

# Practice Plan



Training Session Plan for (sport):

**Special  
Olympics**  
Virginia

Date	# of Athletes	# of Coaches	Goals for Session

Time	Session	Activities/Layout/Equipment needed	Coach/Role
	Warm-Up		
	Review of Skills		
	Skill Instruction with progression		
	Competitive Activity or Scrimmage		
	Cool Down, Team Talk		

Review post practice (Great, Good, Needs Improvement):