



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Practice Plan

Warm Up and Word of the Week (10 minutes)

Drills and Skills (40 minutes)

Cool Down Activities (5 minutes)

Parent Announcements (5 minutes)

Print out more practice plan sheets at www.ymcanwnc.org/coachcorner

YMCA OF NORTHWEST NORTH CAROLINA SPORTS

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Our Mission: "Helping all people reach their God-given potential in spirit, mind and body." Financial Assistance available.