



## Special Olympics Basketball Coaching Guide Planning a Basketball Training & Competition Season

### Sample Practice Plan Form

Date: \_\_\_\_\_ Location: \_\_\_\_\_ Time: \_\_\_\_\_

Goals: \_\_\_\_\_

**Warm-Up** - Make the body ready for practice.

Leader	Activity	Equipment

**Team Talk** - Let the athletes know your expectations for practice.

<b>Goals for Today</b>	
<b>Previous Skill Lesson</b>	
<b>New Skill Lesson</b>	

**Skill Development** - Games and exercises to reinforce learning. Make it fun.

Leader	Activity	Equipment

**Break** - Supply water and take the skill into the scrimmage.

<b>Reinforce Skill from Today:</b>	
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**Scrimmage** - Emphasize last week's skill and new skill.

<b>Previous Skill</b>	
<b>New Skill</b>	

**Team Talk** - Emphasize new skill and techniques from scrimmage.

<b>Scrimmage Lesson 1</b>	
<b>Scrimmage Lesson 2</b>	
<b>Review Last Week's Skill</b>	
<b>Review Homework</b>	

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