



PRACTICE PLAN
YOUR GYM LOGO
(add or stamp here)

Lesson Plan

Plan the session, station by station

CLASS / LEVEL

DATE

COACH

DURATION

FOCUS OF THE DAY

WARM-UP / CONDITIONING

STATIONS / ROTATIONS

STATION	SKILL / DRILL + COACHING CUES	TIME / GROUP
1		
2		
3		
4		
5		

REFLECTION / NOTES FOR NEXT TIME