

# Youth Sports Practice Plan

## Thank you for coaching youth sports!

You teach your players the skills they need, the value of good sportsmanship, and the importance of having fun. However, you can also positively influence and encourage them to make healthy choices.

*fitSports* is intended to make it easy for you to integrate health promotion into your typical training sessions to encourage your players to make healthy choices and perform at their best all season long.

We hope you find the materials easy to use and beneficial. You can find them all by visiting [fit.sanfordhealth.org](https://fit.sanfordhealth.org).

1. Practice plans are a great tool for new or experienced coaches to outline activities that are necessary for an effective training session.
  - Session plans are available for 60, 90, and 120 minute practices.
2. fitBoost cards offer easy-to-follow exercises that can be used as a warm-up before training, as a way to cool-down after practice, or even as a stand-alone training station.
3. The fitMarathon encourages players to make healthy choices each and every day to accomplish a goal.
4. Additionally, on [fit.sanfordhealth.org](https://fit.sanfordhealth.org), you will discover more whole-health resources:
  - Interactive *fit* games such as, *fitBoost* and *fitFlow*.
  - *fit* recipes to share with your players and their families.
  - *fit* posters that serve as a friendly reminder to make healthy choices.
  - Engaging *fit* videos to inspire you and your players to get active.

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## 60-Minute Practice Plan

| Minutes    | Activity                         | Primary Focus      | Equipment Needed   |
|------------|----------------------------------|--------------------|--|
| 5 Minutes  | Dynamic or Active                | Warm-Up and Loosen | 4-5 <i>fitBoost</i> Cards                                |
|            | Warm-Up                          | Muscle Groups      |  |
| 8 Minutes  | Individual Skills #1             |                    |  |
| 2 Minutes  | Hydration (Water Break)          |                    |  |
| 8 Minutes  | Individual Skills #2             |                    |  |
| 15 Minutes | Small Group Skills               |                    |  |
| 2 Minutes  | Hydration (Water Break)          |                    |  |
| 15 Minutes | Team Activity                    |                    |  |
| 5 Minutes  | Cool-Down and <i>fit</i> Message | Practice Closure   | <i>fitBoost</i> Cool-Down Cards<br>Coach's Session Guide |

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## 90-Minute Practice Plan

| Minutes       | Activity                         | Primary Focus                       | Equipment Needed  |
|---------------|----------------------------------|-------------------------------------|---|
| 8<br>Minutes  | Dynamic or Active<br>Warm-Up     | Warm-Up and Loosen<br>Muscle Groups | 4-5 <i>fit</i> Boost Cards                                |
| 12<br>Minutes | Individual Skills #1             |                                     |   |
| 15<br>Minutes | Individual Skills #2             |                                     |   |
| 2 Minutes     | Hydration (Water Break)          |                                     |   |
| 13<br>Minutes | Small Group Skills               |                                     |   |
| 15<br>Minutes | Team Activity #1                 |                                     |   |
| 2 Minutes     | Hydration (Water Break)          |                                     |   |
| 18<br>Minutes | Team Activity #2                 |                                     |   |
| 5<br>Minutes  | Cool-Down and <i>fit</i> Message | Practice Closure                    | <i>fit</i> Boost Cool-Down Cards<br>Coach's Session Guide |

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## 120-Minute Practice Plan

| Minutes       | Activity                         | Primary Focus                       | Equipment Needed  |
|---------------|----------------------------------|-------------------------------------|---|
| 10<br>Minutes | Dynamic or Active<br>Warm-Up     | Warm-Up and Loosen<br>Muscle Groups | 4-5 <i>fit</i> Boost Cards                                |
| 15<br>Minutes | Individual Skills #1             |                                     |   |
| 15<br>Minutes | Individual Skills #2             |                                     |   |
| 5 Minutes     | Hydration (Water Break)          |                                     |   |
| 15<br>Minutes | Small Group Skills #1            |                                     |   |
| 15<br>Minutes | Small Group Skills #2            |                                     |   |
| 5 Minutes     | Hydration (Water Break)          |                                     |   |
| 15<br>Minutes | Team Activity #1                 |                                     |   |
| 15<br>Minutes | Team Activity #2                 |                                     |   |
| 10<br>Minutes | Cool-Down and <i>fit</i> Message | Practice Closure                    | <i>fit</i> Boost Cool-Down Cards<br>Coach's Session Guide |