Chico Area Recreation and Park District
FOR THE LOVE OF THE GAME

DATE: _____ **PRACTICE #:** _____

PRACTICE PLAN

Time	Minutes	Activity
		Announcements:
		Warm Ups:
		A.
		B.
		Passing:
		A.
		B.
		C.
		D.
		Setting:
		A.
		B.
		C.
		D.
		Serving:
		A.
		B.
		C.
		D.
		Hitting:
		A.
		B.
		C.
		D.
		Scimmage/Games:
		A.
		B.
		Conditioning/Team Bonding:
		A.
		B.
		Closing:

Comments: