

DATE: \_\_\_\_\_

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

PRACTICE #: \_\_\_\_\_



Time	Minutes	Activity
		<b>Announcements:</b>
		<b>Warm Ups:</b>
		A. _____
		B. _____
		<b>Fundamental Drills:</b>
		A. _____
		B. _____
		C. _____
		D. _____
		<b>Offense:</b>
		A. _____
		B. _____
		C. _____
		D. _____
		<b>Defense:</b>
		A. _____
		B. _____
		C. _____
		D. _____
		<b>Scrimmage:</b>
		A. _____
		B. _____
		C. _____
		D. _____
		<b>Special Situation:</b>
		A. _____
		B. _____
		<b>Conditioning/Team Bonding:</b>
		A. _____
		B. _____
		<b>Closing:</b>
<b>Comments:</b>		

