

# fitSports 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. You can also positively influence and encourage them to be healthy and *fit*.

*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](http://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.
  - 60, 90, and 120 minute versions are available
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 *fit*, healthy choices each and every day to accomplish a goal.
4. Additionally, on [fit.sanfordhealth.org](http://fit.sanfordhealth.org), you will discover more 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 constant reminder to make healthy choices
  - Engaging *fit* videos to inspire you and your players to get active



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## Practice Plan – 60 minutes

Minutes	Activity	Primary Focus	Equipment Needed
5 Minutes	Dynamic or Active Warm-Up	Warm-Up and Loosen Muscle groups	4-5 fitBoost Cards
			Rotate activities practice to practice
8 Minutes	Individual Skills # 1		
2 Minutes	Hydration (Water)		
8 Minutes	Individual Skills # 2		
15 Minutes	Small Group Skills		
2 Minutes	Hydration (Water)		
15 Minutes	Team Activity		
5 Minutes	Cool Down and Lead a <i>fitSports</i> Session	Cool down and Stretch muscle <i>fit</i> Healthy Choices	2-3 fitBoost Cards <i>fitSports</i> session guide <i>fit</i> Tips



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## Practice Plan – 90 minutes

Minutes	Activity	Primary Focus	Equipment Needed
8 Minutes	Dynamic or Active Warm-Up	Warm-Up and Loosen Muscle groups	4-5 fitBoost Cards Rotate activities practice to practice
12 Minutes	Individual Skills # 1		
15 Minutes	Individual Skills # 2		
2 Minutes	Hydration (Water)		
13 Minutes	Small Group Skills		
15 Minutes	Team Activity # 1		
2 Minutes	Hydration (Water)		
18 Minutes	Team Activity # 2		
5 Minutes	Cool Down and Lead a <i>fitSports</i> Session	Cool down and Stretch muscle <i>fit</i> Healthy Choices	2-3 fitBoost Cards <i>fitSports</i> session guide <i>fit</i> Tips



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## Practice Plan - 120 minutes

Minutes	Activity	Primary Focus	Equipment Needed
10 Minutes	Dynamic or Active Warm-Up	Warm-Up and Loosen Muscle groups	4-5 fitBoost Cards Rotate activities practice to practice
	Individual Skills # 1		
10-Jan Minutes			
	Individual Skills # 2		
15 Minutes			
2 Minutes	Hydration (Water)		
15 Minutes	Small Group Skills # 1		
15 Minutes	Small Group Skills # 2		
15 Minutes	Team Activity # 1		
2 Minutes	Hydration (Water)		
20 Minutes	Team Activity # 2		
5 Minutes	Cool Down and Lead a <i>fitSports</i> Session	Cool down and Stretch muscle <i>fit</i> Healthy Choices	2-3 fitBoost Cards <i>fitSports</i> session guide <i>fit</i> Tips

