Practice Plan

DATE

ATHLETES:

ASSIGNED COACH:

MEASURABLE TRAINING OBJECTIVES FOR PRACTICE:

1.
2.
3.

TIME: DURATION: TARGETS:	EVENT 1: LOCATION: DESCRIPTION:	COACHES NOTES / FEEDBACK:
TIME: DURATION: TARGETS:	EVENT 2: LOCATION: DESCRIPTION:	COACHES NOTES / FEEDBACK:
TIME: DURATION: TARGETS:	EVENT 3: LOCATION: DESCRIPTION:	COACHES NOTES / FEEDBACK:
TIME: DURATION: TARGETS:	EVENT 4: LOCATION: DESCRIPTION:	COACHES NOTES / FEEDBACK:
TIME: DURATION: TARGETS:	EVENT 5: LOCATION: DESCRIPTION:	COACHES NOTES / FEEDBACK:

Practice Plan

May 1st, 2026
DATE

ATHLETES: Abe, Bill, Chris, Diane, Evelyn, Fred, George (1st year athletes)

ASSIGNED COACH: Coach Henry

MEASURABLE TRAINING OBJECTIVES FOR PRACTICE:
1. Introduction to high house outgoing targets on skeet
2. Correct foot position for each station
3. Correct gun hold point for each station

TIME: 5:00 DURATION: 10 min TARGETS: 0	EVENT 1: Tennis ball warm up LOCATION: Skeet field #2 DESCRIPTION: One tennis ball for each pair of athletes. 2 pairs of athletes (4 total) gather around a shooting pad. Athletes, taking athletic stance bounce the tennis balls back and forth off the pad, looking for the "flash" of the ball off the pad and obtaining a hard focus on it as you reach out to snatch out out of the air in front of you. Run drill for 2 to 3 minutes, pause, then another 2 to 3 minutes.	COACHES NOTES / FEEDBACK: Help athletes take the drill seriously and concentrate on how to achieve the eye and mental focus created by drill. Same flash and hard focus is needed for the targets they will see next.
TIME: 5:15 DURATION: 30 min TARGETS: 21	EVENT 2: Incomer drill (high house) LOCATION: Skeet field #2 (pads 7, 6 ½, 6, 5 ½, 5, 4 ½, and 4) DESCRIPTION: This is the third time these athletes have run this drill. So they should be familiar with it. Place ⅓ and ⅔ cones on left side of field to remind them of gun hold point. 3 targets for each athlete at each station. Focus on good foot position, good gun hold point, movement on target flash, driving with legs and pulling trigger when they see the front edge with a hard focus.	COACHES NOTES / FEEDBACK: Minor coaching here with main focus being on consistency of body mechanics and shot setup. We want to get reps with good habits. **Athletes were very conscience and consistent on foot position. Abe may need his eyes checked — claims he cannot see edge of target until past ½ way across field.**
TIME: 6:00 DURATION: 45 min TARGETS: 25	EVENT 3: Outgoer drill (high house) LOCATION: Skeet field #2 (pads 4, 3, and 2) DESCRIPTION: Place ⅓ and ⅔ training cones out on left side of field. Introduce outgoers by starting athletes on 4H and working them toward 2H — moving ½ stations. Focus on correct and consistent foot position for each target and gun hold point. Remind athletes to look (and move) on flash of target (remember ball drill) and hard focus on front edge of target.	COACHES NOTES / FEEDBACK: Focus on consistency of body mechanics and hold points — not breaks at this point. Move athletes to next ½ station only when you see consistency with current station. **Only got to station 2 ½ with most athletes before form broke down and they started trying to anticipate the target.**
TIME: 6:50 DURATION: 15 min TARGETS: 0	EVENT 3: Practice discussion and journals LOCATION: Team room DESCRIPTION: Review what athletes worked on during this practice and what development you saw as a coach in their shot plan and execution. Give individual shooters time to make enteries into their shooting journal — focusing on what they learned that they can carry into the next practice.	COACHES NOTES / FEEDBACK: Focus athlete comments on execution of fundamentals rather than hits or misses. **Journals check. All but Georges looked good. He has some old shooting habits that he is clinging to. George still focused on hits and misses — comparing to his old scores.**
TIME: DURATION: TARGETS:	EVENT 4: LOCATION: DESCRIPTION:	COACHES NOTES / FEEDBACK: