

MY PURPOSEFUL PRACTICE PLAN

Name: _____

What skill(s) are you working to develop?

Passing: • Basic Rugby Pass (Pendulum) • Pop Pass

Ball Handling: • Arm Carry • Cage Grip

Describe 3 focused activities that you can do at home to help you improve each of the skills identified above?

Skill 1: _____

- 1) _____
- 2) _____
- 3) _____

Skill 2: _____

- 1) _____
- 2) _____
- 3) _____

Skill 3: _____

- 1) _____
- 2) _____
- 3) _____

On which days of the week will you practice?

- Monday • Tuesday • Wednesday • Thursday
- Friday • Saturday • Sunday

What time will you practice?

- After School • After Dinner • Before Bedtime

Who will you practice with?

- By Myself • With a Friend • With a Family Member

Purposeful Reflections

Remember, purposeful practice requires focus, effort, mistakes, and success. Every time you make a mistake, reflect on how to improve and then strive for success with every attempt.