

# Building Your Practice Plan

by Mike Dunlap



Coach Mike Dunlap's video "*Building Your Practice Plan*" takes an in-depth look at 10 different areas to consider when organizing a practice. Included throughout the video is practice footage from two seasons which illustrate the points that Coach Dunlap discusses. The video is organized into the following 10 sections:

1. Time Allotment
2. Tempo
3. Teaching Versus Drilling
4. You Are What You Emphasize
5. Physical Versus Mental
6. Competition
7. Brief and Debrief
8. Peer Pressure
9. Habit Patterns
10. Brutal Reality Vs. The End Line

This is a great video for coaches of all levels.  
The video runs approximately 55 minutes.

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