**TAC Sports Lesson Plan Creator**

For Week: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Quantity x Quality Reps = Genius

Age of Group: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Quality = Demonstration + Correction

Activity: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Performance = Accuracy + Speed +Pressure

|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| --- | --- | --- | --- | --- | --- |
| Lesson 1  9:30-  10:30am | Skill:  Goal:  #of Reps:  Drills: | Skill:  Goal:  #of Reps:  Drills: | Skill:  Goal:  #of Reps:  Drills: | Skill:  Goal:  #of Reps:  Drills: | Skill:  Goal:  #of Reps:  Drills: |
| Lesson 2  11:00-  11:50am | Skill:  Goal:  #of Reps:  Drills: | Skill:  Goal:  #of Reps:  Drills: | Skill:  Goal:  #of Reps:  Drills: | Skill:  Goal:  #of Reps:  Drills: | Skill:  Goal:  #of Reps:  Drills: |
| Lesson 3  1:15-  2:30pm | Skill:  Goal:  #of Reps:  Drills: | Skill:  Goal:  #of Reps:  Drills: | Skill:  Goal:  #of Reps:  Drills: | Skill:  Goal:  #of Reps:  Drills: | Skill:  Goal:  #of Reps:  Drills: |
| Lesson 4  3:00-  3:40pm | Skill:  Goal:  #of Reps:  Drills: | Skill:  Goal:  #of Reps:  Drills: | Skill:  Goal:  #of Reps:  Drills: | Skill:  Goal:  #of Reps:  Drills: | Skill:  Goal:  #of Reps:  Drills: |