**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 19:30-10:30am | 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 211:00-11:50am | 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 31:15-2:30pm | 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 43:00-3:40pm  | 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: |