TAC Sports Lesson Plan Week: Program: Ages: Coach:

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|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| 8:45-9:15 | Sign In | | | | |
| 9:15-10:30 | Activity:  Goal:  Description:  Equipment: | Activity:  Goal:  Description:  Equipment: | Activity:  Goal:  Description:  Equipment: | Activity:  Goal:  Description:  Equipment: | Activity:  Goal:  Description:  Equipment: |
| 10:30-11:00 | Morning Snack | | | | |
| 11:00-12:00 | Activity:  Goal:  Description:  Equipment: | Activity:  Goal:  Description:  Equipment: | Activity:  Goal:  Description:  Equipment: | Activity:  Goal:  Description:  Equipment: | Activity:  Goal:  Description:  Equipment: |
| 12:00-1:00 | Lunch | | | | |
| 1:00-2:15 | Activity:  Goal:  Description:  Equipment: | Activity:  Goal:  Description:  Equipment: | Activity:  Goal:  Description:  Equipment: | Activity:  Goal:  Description:  Equipment: | Activity:  Goal:  Description:  Equipment: |
| 2:15-2:45 | Afternoon Snack | | | | |
| 2:45-3:45 | Activity:  Goal:  Description:  Equipment: | Activity:  Goal:  Description:  Equipment: | Activity:  Goal:  Description:  Equipment: | Activity:  Goal:  Description:  Equipment: | Activity:  Goal:  Description:  Equipment: |
| 3:45-4:15 | Sign Out | | | | |