

# TAC SPORTS SKILL PLANNER 1 YEAR PLAN (12 MONTHS)

**GOAL: LIST THE GOALS THAT YOU WOULD LIKE TO ACHIEVE IN PRESENT TENSE AND THE PRACTICE THAT YOU WILL DO TO ACHIEVE THEM.**

Ex. I am the leading scorer of my team, because of my 3 hours of finishing practice, 1 hour of set play practice, and 1 hour of focus on my shooting technique per week.

## PRIMARY FOCUS ON SKILL DEVELOPMENT:

Skill 1:

Description:

Ex. Finishing with both feet.

# Hours per week x 4 weeks:

Skill 2:

Description:

Ex. Finishing with both feet.

# Hours per week x 4 weeks:

Skill 3:

Description:

Ex. Finishing with both feet.

# Hours per week x 4 weeks:

