

## Staggered Practice Schedules

(for 12 Varsity Players 18 JV Players)

Option A - Two, 90-minute Practices (2.5 hours total)										
	Mon. Ct. 1	Mon. Ct. 2	Tues. Ct. 1	Tues. Ct. 2	Wed. Ct. 1	Wed. Ct. 1	Thurs. Ct. 1	Thurs. Ct. 2	Fri. Ct. 1	Fri. Ct. 2
2:00-3:00*	V 1-6	V 7-12	V 1-6	V 7-12	V 1-4	V 5-8	V 9-12	V 1-4	V 5-8	V 9-12
3:00-3:30	Offcourt Varsity Conditioning									
3:00-4:00	JV 1-6	JV 7-12	JV 13-18	JV 1-6	JV 7-12	JV 13-18	JV 1-6	JV 7-12	JV 13-18	Open Court**
4:00-4:30	Offcourt JV Conditioning***									
*This scenario offers Varsity player four days of practice (two days of six/court; three days of 4/court). Coach could run five days of 6/court.										
**Open court can be used for challenge or practice matches										
***JV conditioning could take place from 2:30-3:00 to keep total practice time to two hours										
Option B - Two, Two-Hour Practices (3 hours total)										
	Mon. Ct. 1	Mon. Ct. 2	Tues. Ct. 1	Tues. Ct. 2	Wed. Ct. 1	Wed. Ct. 1	Thurs. Ct. 1	Thurs. Ct. 2	Fri. Ct. 1	Fri. Ct. 2
2:00-3:30	V 1-6	V 7-12	V 1-6	V 7-12	V 1-4	V 5-8	V 9-12	V 1-4	V 5-8	V 9-12
3:00-3:30	Offcourt JV Conditioning									
3:30-4:00	Offcourt Varsity Conditioning									
3:30-5:00	JV 1-6	JV 7-12	JV 13-18	JV 1-6	JV 7-12	JV 13-18	JV 1-6	JV 7-12	JV 13-18	Open Court**
**Open court can be used for challenge or practice matches										
Option C - Three 60-minute Practices (3 hours total)										
2:00-3:00	Varsity Practice (follow plan A or B above; May reduce varsity to 8 or 10 players)									
2:30-3:00	JV Group 1 Offcourt Conditioning*									
3:00-3:30	Varsity Offcourt Conditioning									
3:00-4:00	JV Group 1 (10-12 players)									
3:30-4:00	JV Group 2 Offcourt Conditioning*									
4:00-5:00	JV Group 2 (10-12 players)									
*JV conditioning can take place after practice (total practice time 3.5 hours). JV Group 1 can condition after practice leaving total practice to 3 hours)										