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Build a practice plan

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Write a practice plan section by section in the Practice Planner.

In the side menu, open **Coach's Journal**, then select **Practice Planner**.

A **plan** is the written practice. A **calendar practice** is just the scheduled time. Link them so the Dashboard knows the practice is planned.

Start a plan

1. Select **New plan** (or **Create your first plan** if the list is empty).
2. Choose **Blank plan**, or pick a saved template. See Save and reuse practice templates.
3. Give the plan a title.
4. Add sections one at a time, such as warm-up, drilling, live and conditioning.
5. Save.

Find and manage plans

- The **Active** tab lists the plans you're using now. Search with **Search active plans by title or content…**.
- Each plan has **Open**, **Duplicate** (copy it to start a similar practice) and **Delete**.

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