

PRACTICE PLANNER

Hydration built in - not bolted on

ACUITY SPORT

PRACTICE DETAILS

Coach:

Sport:

Athletes:

Date:

Start Time:

Duration: 90 min

Location:

Field:

CONDITIONS

- ☐ Cool (<65°F)
☐ Mild (65-75°F)
☐ Warm (76-85°F)
☐ Hot (86-95°F)
☐ Extreme (95°F+)

INTENSITY

- ☐ Light
☐ Moderate
☐ High

HYDRATION TARGETS (Adjust upward for hot/high-intensity conditions)

PRE-PRACTICE TARGET

16-20 oz

2 hrs before

BREAK INTERVALS

Every 15-20 min

___ oz per break

PER-HOUR MINIMUM

24-32 oz

hot/high 32-40 oz

POST-PRACTICE

16-24 oz

within 30 min

PRACTICE TIMELINE (Fill in your drills - hydration breaks are built in every 15-20 min)

TIME	DRILL / ACTIVITY	HYD?	NOTES / COACHING CUES
Min 00	Warm-Up / Dynamic Stretch	☐	
Min 10		☐	
Min 15	HYDRATION BREAK	☐	
Min 20	Skill Block 1	☐	
Min 25		☐	
Min 30	HYDRATION BREAK	☐	
Min 35	Skill Block 2 / Team Drills	☐	
Min 40		☐	
Min 45	HYDRATION BREAK	☐	
Min 50	Competitive Reps / Scrimmage	☐	
Min 55		☐	
Min 60	HYDRATION BREAK	☐	
Min 65	Conditioning / Special Teams	☐	

Min 70		☐	
Min 75	HYDRATION BREAK	☐	
Min 80	Cool-Down / Stretching	☐	
Min 85	Team Talk / Breakdown	☐	
Min 90	Post-Practice	☐	

Signs of dehydration: dark urine, headache, cramps, dizziness, reduced performance. If an athlete shows these: stop, hydrate, rest.

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Pre-practice checklist, athlete hydration log, weather adjustment guide

PRE-PRACTICE CHECKLIST

- ☐ Water station set up and filled before athletes arrive
- ☐ Cups or personal bottles available for every athlete
- ☐ Hydration schedule communicated to all staff
- ☐ Athletes reminded to arrive pre-hydrated (light yellow urine)
- ☐ Sports drinks/electrolytes on hand for 60+ min or hot days
- ☐ Medical/emergency water supply separate and locked
- ☐ Cooling towels or shade available (hot weather protocols reviewed)
- ☐ Post-practice recovery drinks ready

WEATHER ADJUSTMENT GUIDE

Condition	Break Freq	Drink Type
Cool < 65°F	Every 20 min	Water OK
Mild 65-75°F	Every 15-20 min	Water or sports drink
Warm 76-85°F	Every 15 min	Sports drink preferred
Hot 86-95°F	Every 10-15 min	Sports drink required
Extreme 95°F+	Every 10 min	Electrolytes required

ATHLETE HYDRATION LOG

Track who drank at each break. Check = drank. Leave blank = did not drink. Circle athletes showing symptoms.

Sources: NATA Position Statement: Fluid Replacement for the Physically Active; ACSM Guidelines on Exercise and Fluid Replacement; NCAA Sports Science Institute Hydration Guidelines.

Disclaimer: Hydration targets are guidelines. Consult a sports medicine professional for athletes with special medical needs.

Coach notes and hydration incidents log

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COACH NOTES / HYDRATION INCIDENTS