

Practice Plan Team: _____ Prepared by: _____

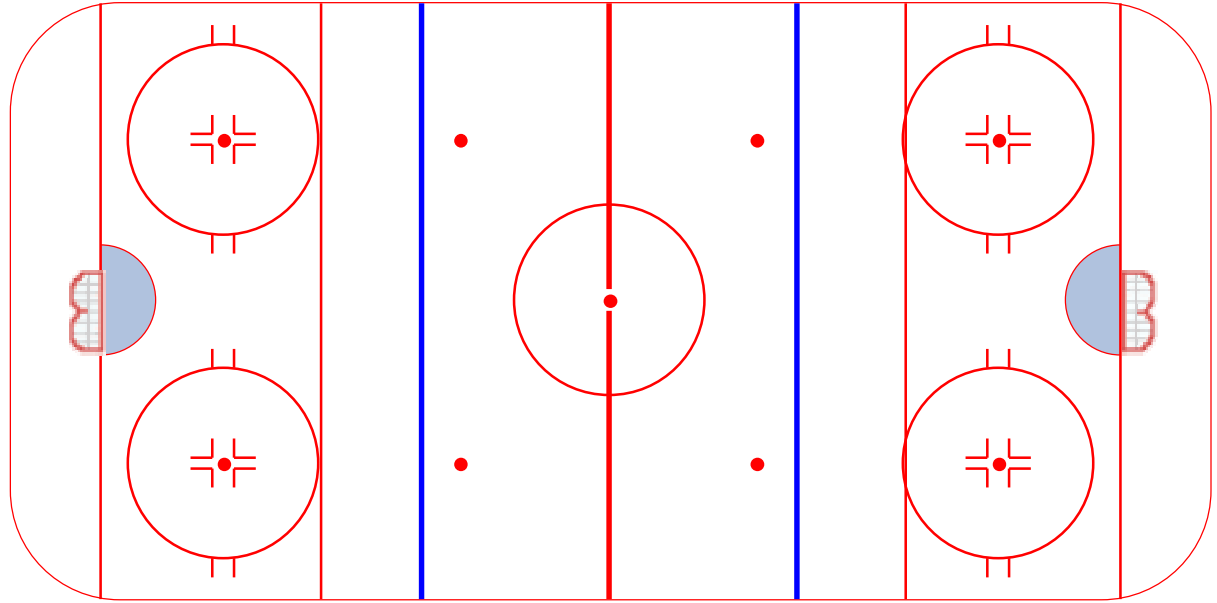
Objectives / Main tasks : _____ Practice Date : _____ Time : _____

#	Duration (min)	Drill name - Activity	Categories	Key points - Instructions

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : BLANK - 2 Drills ea. pg. Category #1 : _____

KEY POINTS

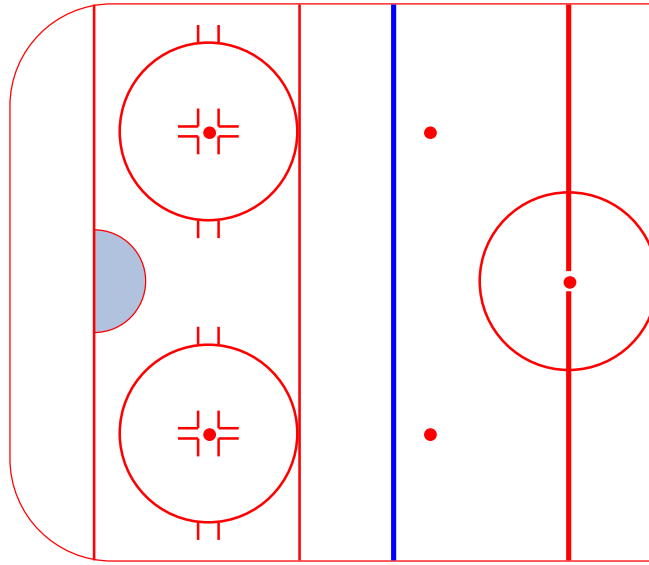


Description

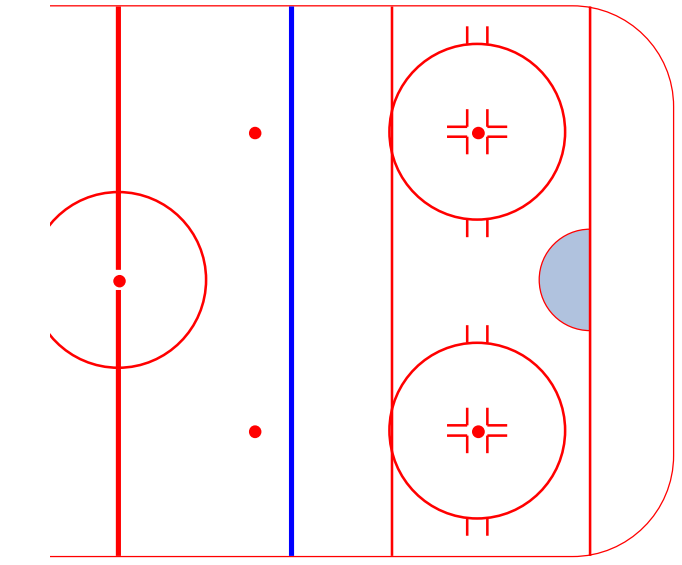
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : BLANK - 2 Zones - 2 drills ea. pg

Category #1 : _____



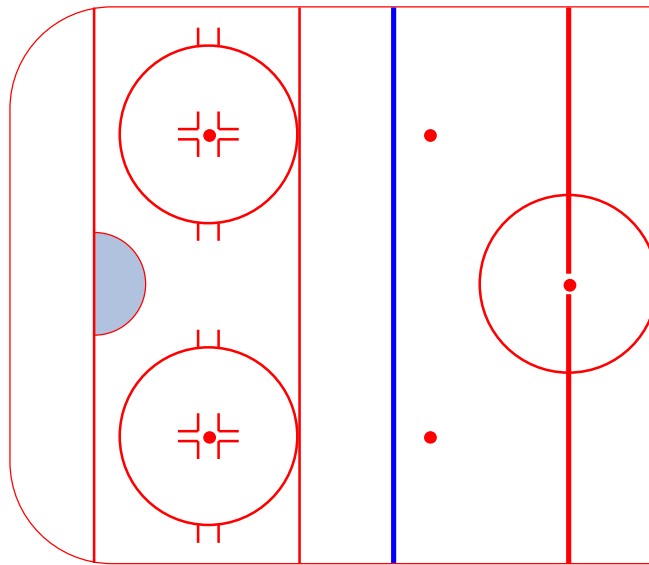
Category #2 : _____



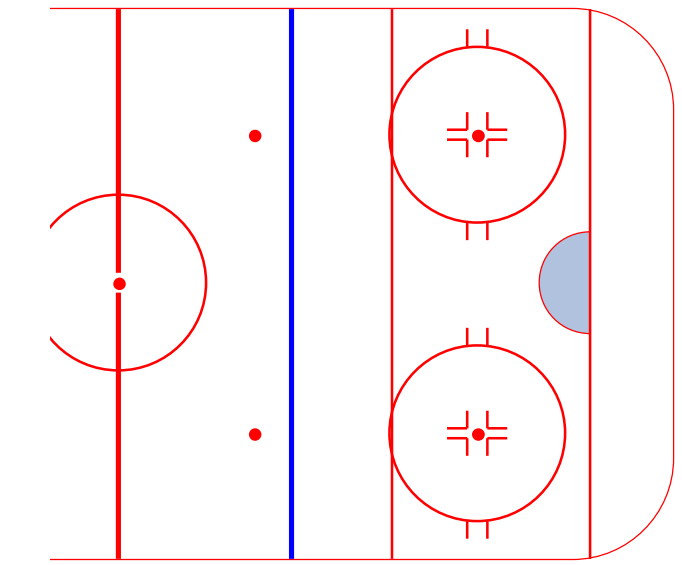
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : BLANK - 2 Zones - 2 drills ea. pg

Category #1 : _____



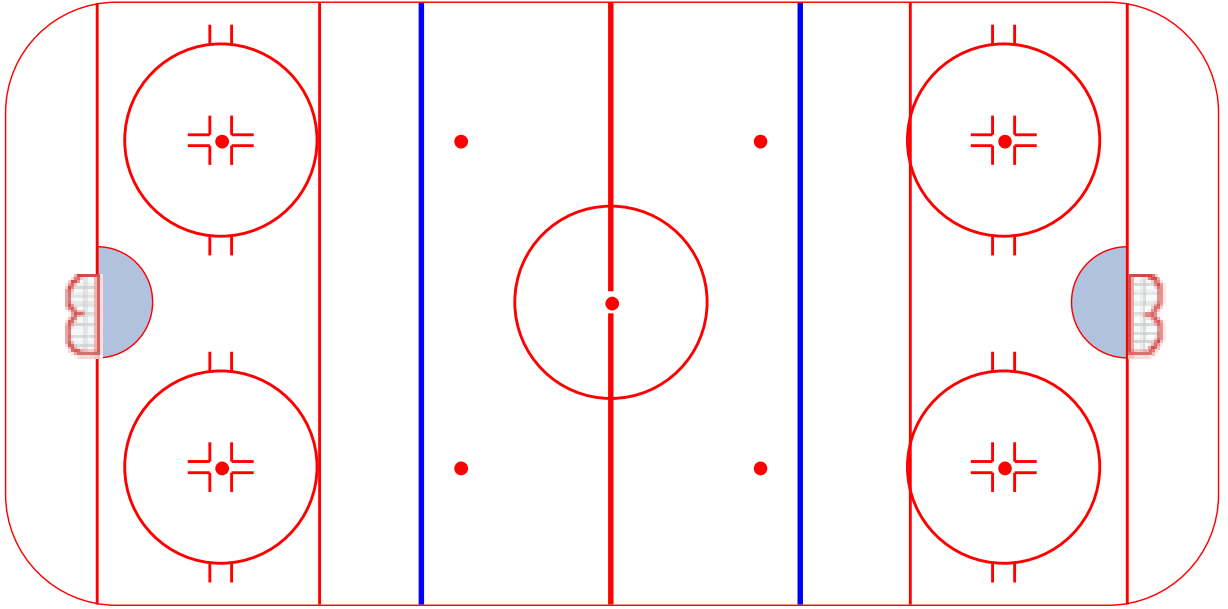
Category #2 : _____



Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : FULL PAGE - BLANK 2 DRILLS Category #1 : _____

KEY POINTS

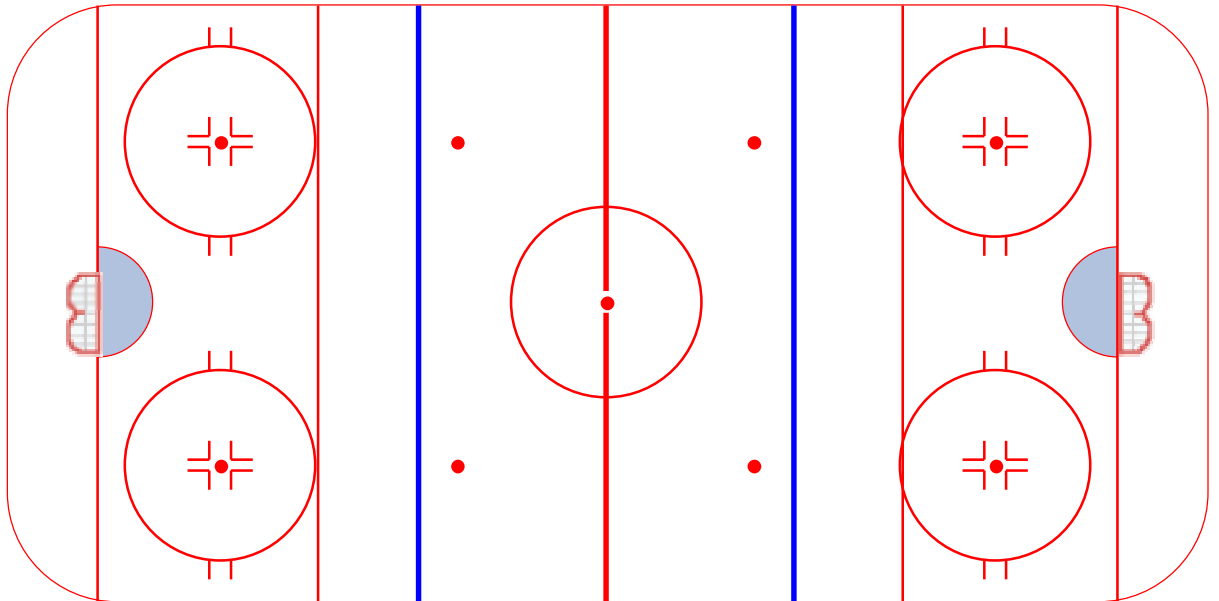


Description

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : BLANK - 2 Drills ea. pg. Category #1 : _____

KEY POINTS

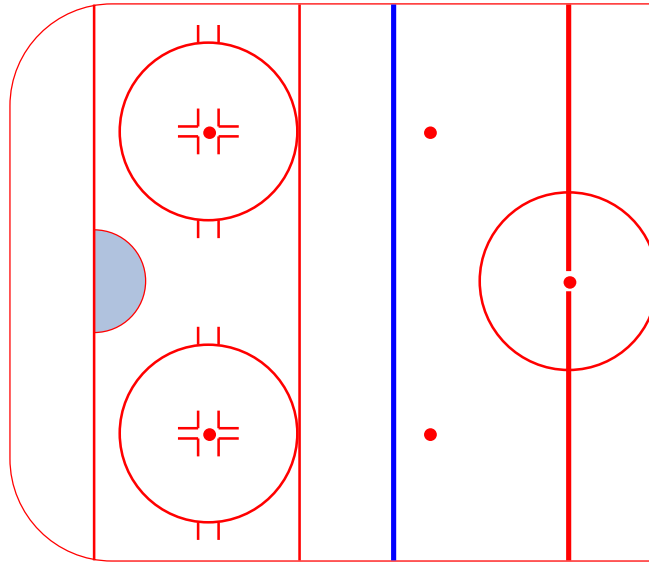
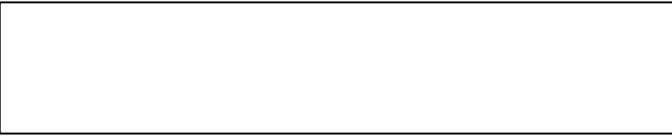


Description

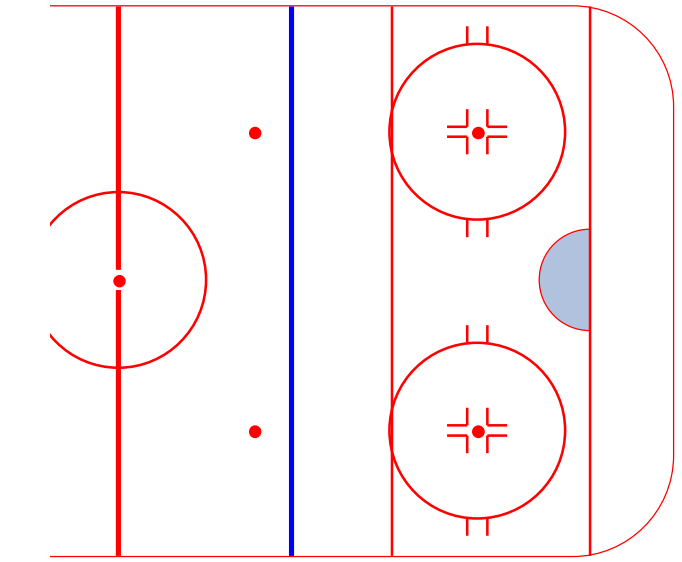
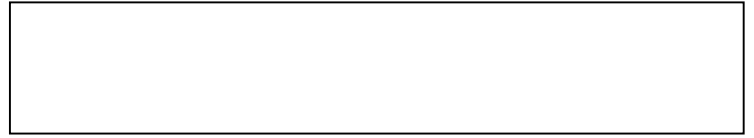
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : BLANK - 2 Zones - 2 drills ea. pg

Category #1 : _____



Category #2 : _____

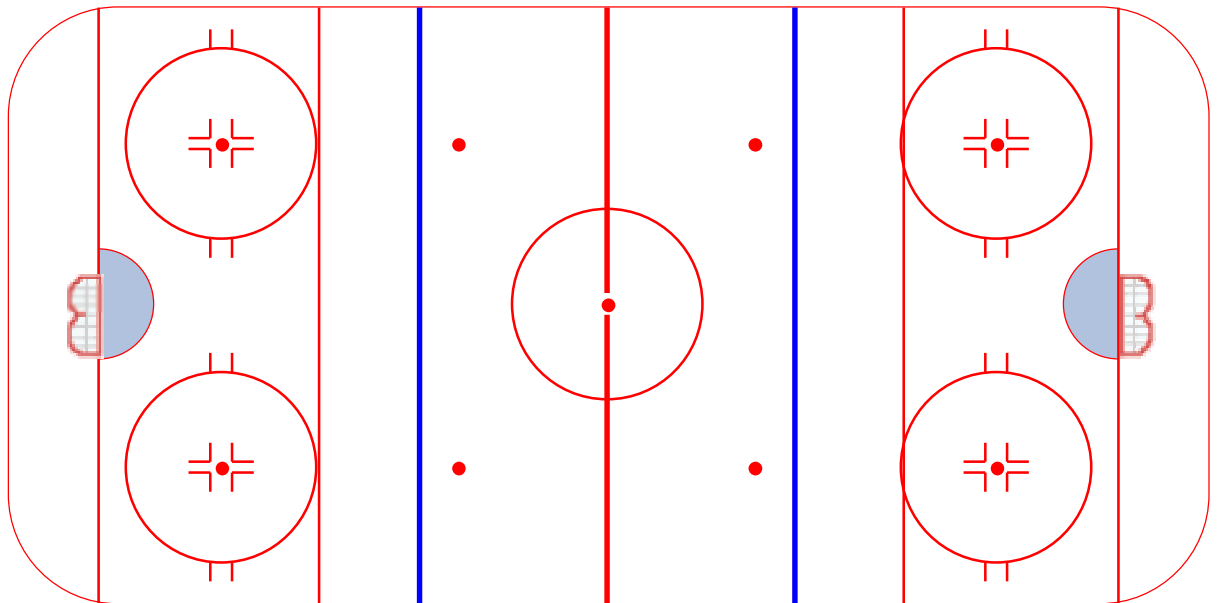
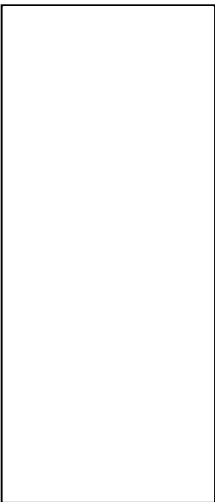


Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : BLANK - 2 Drills ea. pg.

Category #1 : _____

KEY POINTS



Description

