

IPP Practice Template	
Logistic:	(date, time, number of athletes, equipment etc.) 1 hour, 6 players, 3 x3 maximum
Goals: (Intent)	
Pre practice	Routines
Meet and greet	How you start
Warm up	Pre hab, Dynamic exercises (multiple planes), connections – athletic abilities
Content <ul style="list-style-type: none"> ● your content will reflect your gap analysis of the athlete/s ● avoid having only one skill, one layer ● what is the objective, key points, layer of drills (TLC) and constraints etc. ● Individual work, SSG, group work, complementary pairings should be evident 	Describe plan of improvement for the athlete(s) <ul style="list-style-type: none"> ● What is her identity or strength? How will you enhance? ● What is her limiting factor? How will you solve? ● What is her dream? How can she achieve? ● Shooting and score? How do you build confidence and enhance?
Cool down	Plan
Debrief	Plan
Post practice	Plan

