AIRDRIE ANGELS FASTPITCH ASSOCIATION

Practice Plan:		Date:	
Location:	Number of Athletes:	Length of Practice:	
Absent Athletes:			
Support Staff:			
Objectives of Practice:			
Warm-Up			
Drill:			
Time (Mins):			
Equipment:			
Objective(s):			
Drill Description:		7	· -
Key Teaching Points:			
Drill:			
Time (Mins):			
Equipment:			
Objective(s):			
Drill Description: Key Teaching Points:		3	· -
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Main Part	
Drill:	
Time (Mins):	
Equipment:	
Objective(s):	
Drill Description:	
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Key Teaching Points:	1
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Drill:	
Time (Mins):	
Equipment:	_
Objective(s):	
Drill Description:	
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Key Teaching Points:]
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Main Part			
Drill:			
Time (Mins):			
Equipment:			
Objective(s):			
Drill Description:			
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Key Teaching Poin	ts:		
Cool Down &	Conclusion		
	Static Stretching Routine (see AGSA Coaches Ma	inual)	
10 Mins	Debrief:		
Practice Eval			
What worked well:		What to change for nex	t time: