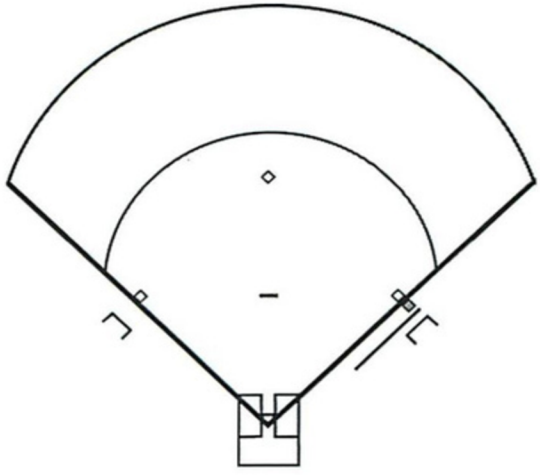
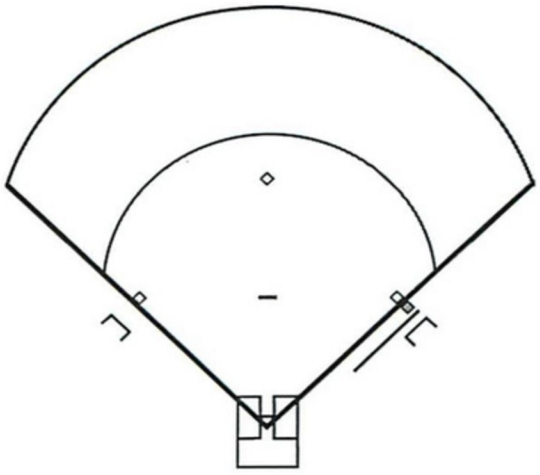


<b>Practice Plan:</b>				<b>Date:</b>	
Location:		Number of Athletes:		Length of Practice:	
Absent Athletes:					
Support Staff:					
Objectives of Practice:					

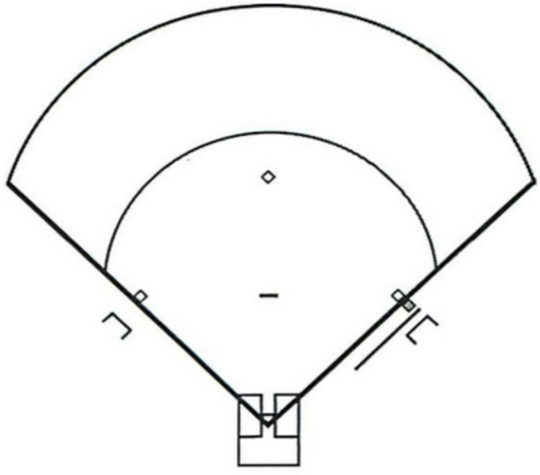
### Warm-Up

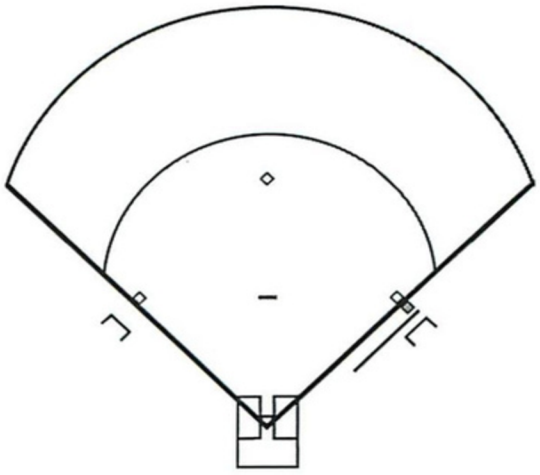
<b>Drill:</b>	
Time (Mins):	
Equipment:	
Objective(s):	
Drill Description:	
Key Teaching Points:	

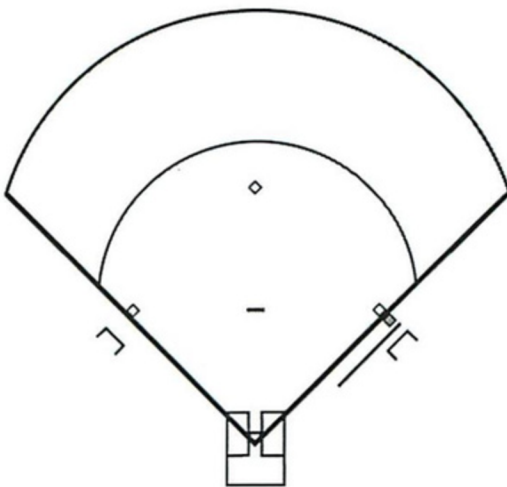
<b>Drill:</b>	
Time (Mins):	
Equipment:	
Objective(s):	
Drill Description:	
Key Teaching Points:	

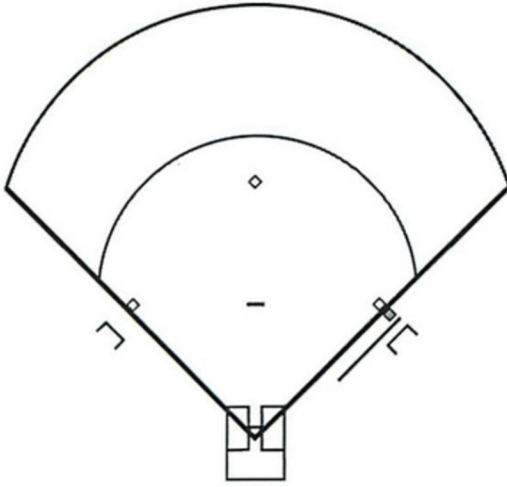
<b>Practice Plan:</b>				<b>Date:</b>	
Location:		Number of Athletes:		Length of Practice:	
Absent Athletes:					
Support Staff:					
Objectives of Practice:					

### Warm-Up

<b>Drill:</b>	
Time (Mins):	
Equipment:	
Objective(s):	
Drill Description:	
Key Teaching Points:	

<b>Drill:</b>	
Time (Mins):	
Equipment:	
Objective(s):	
Drill Description:	
Key Teaching Points:	

Main Part	
<b>Drill:</b>	
Time (Mins):	
Equipment:	
Objective(s):	
Drill Description:	
Key Teaching Points:	

<b>Drill:</b>	
Time (Mins):	
Equipment:	
Objective(s):	
Drill Description:	
Key Teaching Points:	

Main Part	
<b>Drill:</b>	
Time (Mins):	
Equipment:	
Objective(s):	
Drill Description:	
Key Teaching Points:	
Cool Down & Conclusion	
10 Mins	Static Stretching Routine (see AGSA Coaches Manual)  Debrief:
Practice Evaluation	
What worked well:	What to change for next time: