



PRACTICE PLAN



TEAM

DATE & TIME

GOALS

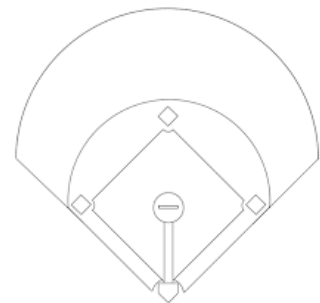
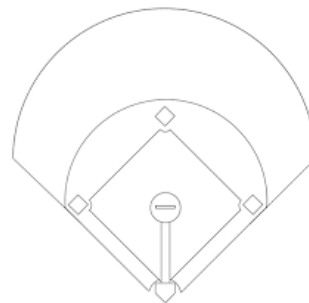
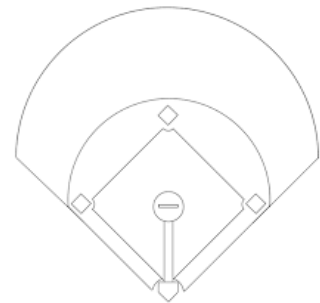
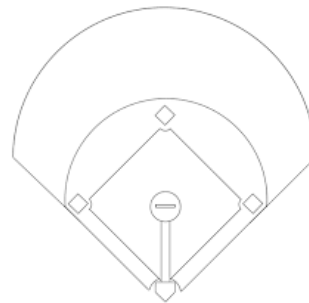
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INTRODUCTION

WARMUP

DRILLS

TIME	



COOL DOWN- 10 MINUTES

STATIC STRETCHING

PRACTICE EVALUATION