



GRYPHONS LACROSSE CLUB



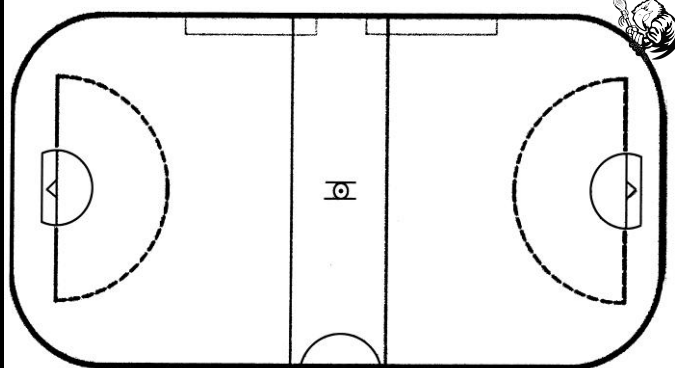
Box Lacrosse Practice Plan

Division:	Date:	Time:	Practice #:
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Objectives:

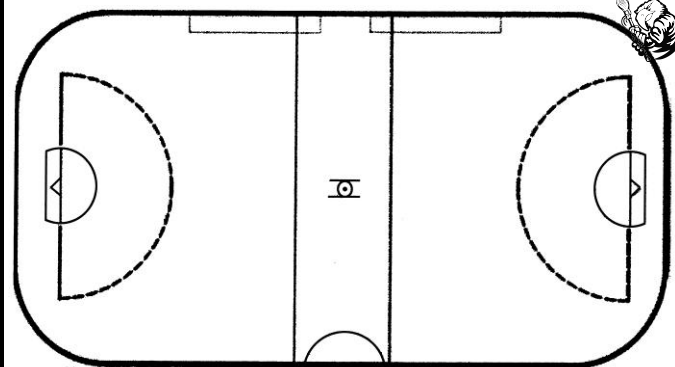
Time:	Drill Name:
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Description and key teaching points:



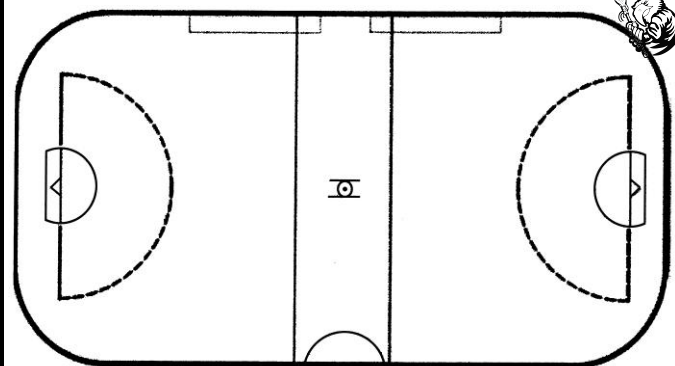
Time:	Drill Name:
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Description and key teaching points:



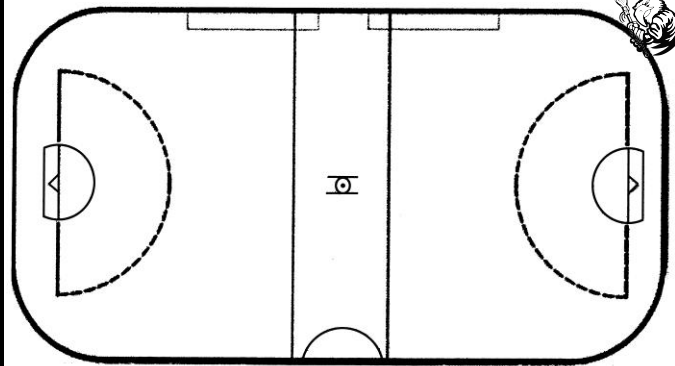
Time:	Drill Name:
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Description and key teaching points:



Time:	Drill Name:
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Description and key teaching points:





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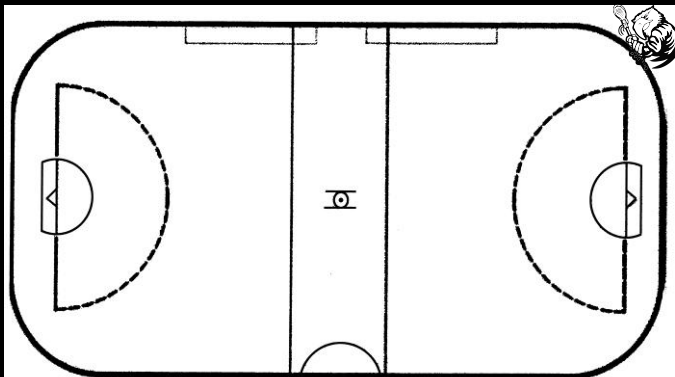
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Division:	Date:	Time:	Practice #:
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Objectives:

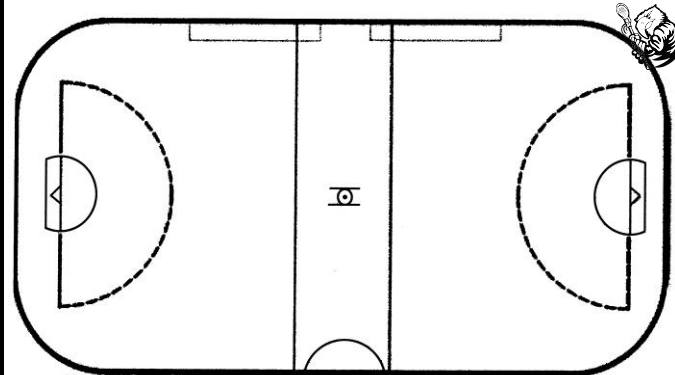
Time:	Drill Name:
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Description and key teaching points:



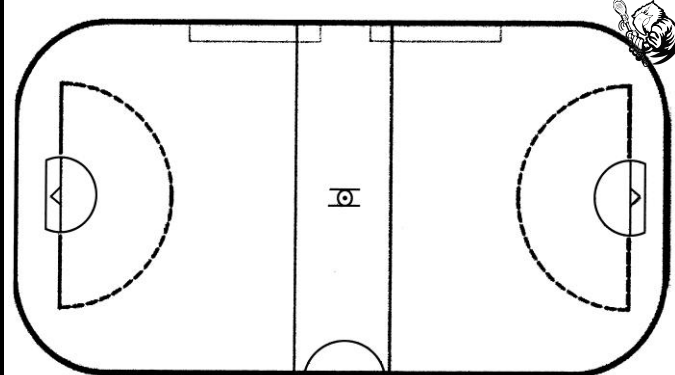
Time:	Drill Name:
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Description and key teaching points:



Time:	Drill Name:
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Description and key teaching points:



Time:	Drill Name:
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Description and key teaching points:

