

Pictou County Lacrosse – Practice Plan

| Division: | Date: | Time: | Time: Practice # | |
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| Objectives: | | | | |
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| Time: | Drill Name: | | | |
| Description & key teaching points: | | | SNIPERS | |
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| Time: | Drill Name: | | | |
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| Description & ke | y teaching points: | | | |
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