



# Practice Plan

**Date:**

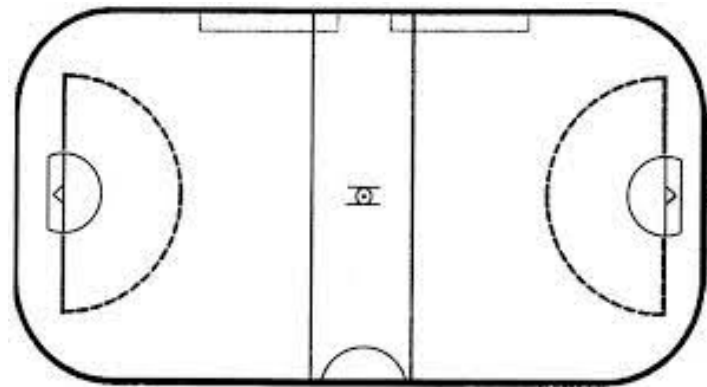
2 Warm up laps

Dynamic stretching

**PRACTICE EXPECTATIONS:**

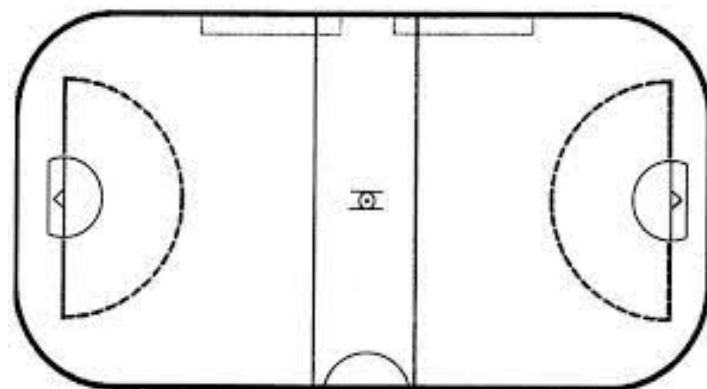
**Drill #1:**

Focus points:



**Drill #2:**

Focus points:



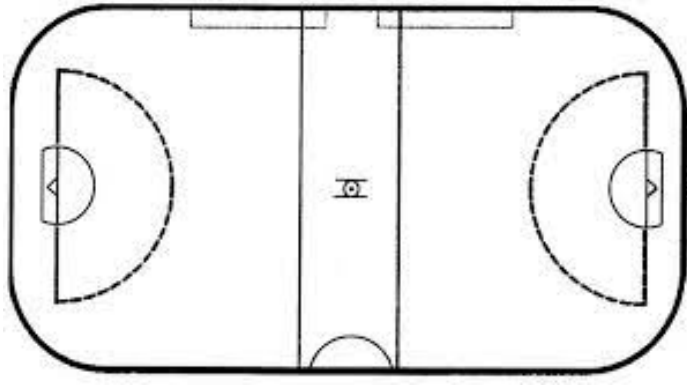


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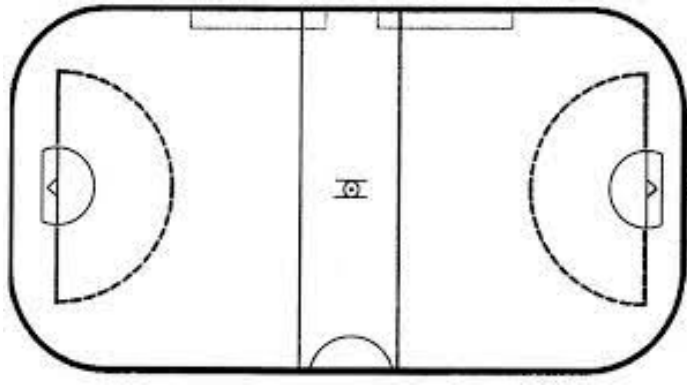
**Drill #3:**

Focus points:



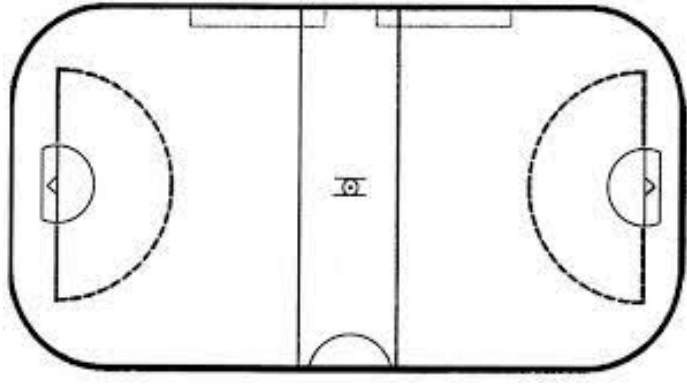
**Drill #4:**

Focus points:



**Drill #5:**

Focus points:





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