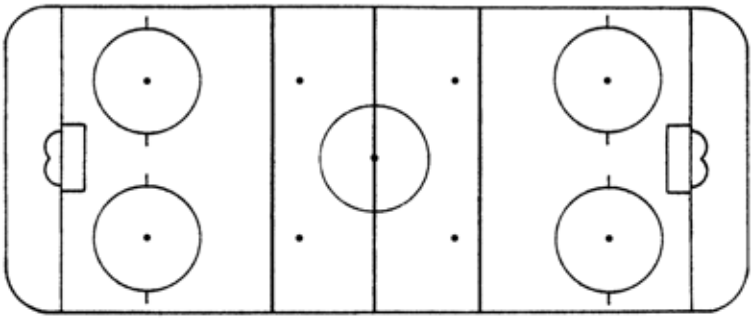
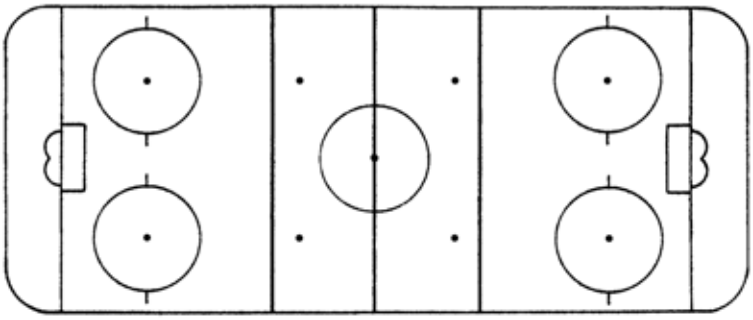
PRACTICE PLAN

DATE _____
PRACTICE # _____

TIME	ACTIVITY/DRILL NOTES	KEY POINTS
	1. WARM UP	
	2.	
	3.	
	4.	
	5.	
	6.	
	7.	
	8.	
	9.	
	10. COOL DOWN	

COMMENTS	EQUIPMENT NEEDED