

Practice plan

Team:		Date:		Time: from		to	
Age/Level:							
Location:		Objective:					
Equipment needed:							
Introduction						Key message/safety	
Warm-up						Key message/safety	
						Equipment needed	
	Include general and specific warm-up						
Main part						Key message/safety	
						Equipment needed	
	Pay attention to the order of the activities						
Cool-down						Key message/safety	
Conclusion						Key message/safety	