



Print and Utilize the template to plan effective practices

Practice Plan Template (10 Min Interval)

Practice Minutes

00:00-00:05 _ Welcome _____

00:05-00:15 _____

00:15-00:25 _____

00:25-00:30 _____ Water _____

00:30-00:40 _____

00:40-00:55 _____

00:55-00:60 _ End _____