Practice plan

Team / group _____ Date _____ Start – end _____

	CLOCK	BLOCK (DRILL, GROUPS, THE ONE POINT)	DONE
1			☐
2			☐
3			☐
4			☐
5			☐

Athlete	The one point today	Said it
		☐
		☐
		☐
		☐
		☐
		☐

After practice, two minutes

What ran long, what got cut:

Who got no feedback today:

The one thing to carry to next practice:

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