

Date:	Practice #:	Duration:	Focus:
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WARM-UP TIME: _____

<p>DRILLS / ACTIVITIES</p> <hr/> <hr/> <hr/> <hr/>	<p>COACHING POINTS / NOTES</p> <hr/> <hr/> <hr/> <hr/>
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BLOCK 1 TIME: _____

<p>DRILLS / ACTIVITIES</p> <hr/> <hr/> <hr/> <hr/>	<p>COACHING POINTS / NOTES</p> <hr/> <hr/> <hr/> <hr/>
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BLOCK 2 TIME: _____

<p>DRILLS / ACTIVITIES</p> <hr/> <hr/> <hr/> <hr/>	<p>COACHING POINTS / NOTES</p> <hr/> <hr/> <hr/> <hr/>
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BLOCK 3 TIME: _____

<p>DRILLS / ACTIVITIES</p> <hr/> <hr/> <hr/> <hr/>	<p>COACHING POINTS / NOTES</p> <hr/> <hr/> <hr/> <hr/>
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BLOCK 4 TIME: _____

<p>DRILLS / ACTIVITIES</p> <hr/> <hr/> <hr/> <hr/>	<p>COACHING POINTS / NOTES</p> <hr/> <hr/> <hr/> <hr/>
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BLOCK 5 TIME: _____

<p>DRILLS / ACTIVITIES</p> <hr/> <hr/> <hr/> <hr/>	<p>COACHING POINTS / NOTES</p> <hr/> <hr/> <hr/> <hr/>
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CONDITIONING / COOL DOWN TIME: _____

<p>DRILLS / ACTIVITIES</p> <hr/> <hr/> <hr/> <hr/>	<p>COACHING POINTS / NOTES</p> <hr/> <hr/> <hr/> <hr/>
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POST-PRACTICE NOTES