

## Practice plan

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