

Practice plan

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