

## PRACTICE PLAN

### Areas of concern

1.

2.

3.

### Session aims

1.

2.

3.

### Equipment

| PRACTICE PLAN                | TIME | DRILLS/DETAILS | COACHING POINTS AND TECHNIQUES |
|------------------------------|------|----------------|--------------------------------|
| Briefing administration      |      |                |                                |
| Warm-up                      |      |                |                                |
| Individual/team skills       |      |                |                                |
| Unit skills                  |      |                |                                |
| Mini-unit skills             |      |                |                                |
| Team play                    |      |                |                                |
| Warm-down                    |      |                |                                |
| De-briefing / administration |      |                |                                |