

# (enter date and time) Practice



## Objectives:

- 1.
- 2.
- 3.

<b>Time</b>	<b>Activity</b>
<i>__ min</i>	<i>Before Practice</i>
<i>__ min</i>	<i>Skills – typically one player per ball</i>
<i>__ min</i>	<i>Small-Sided Games – more than one player per ball</i>
<i>__ min</i>	<i>Scrimmage – entire team</i>
<i>__ min</i>	<i>After Practice</i>