

493 LESSON PLAN

<u>SPORT:</u>		<u>AGE:</u>
<u>GOAL:</u>		
<u>FACILITY:</u>		
<u>EQUIPMENT:</u>		
<u>DATE:</u>	<u>TIME:</u>	<u>PRACTICE #:</u>

TEACHING PROGRESSION

TIME	DRILL NAME	OBJECTIVE / DESCRIPTION	TEACHING CUES	EQUIPMENT	SAFETY
<u>WRAP UP:</u>					

DIAGRAMS

REVIEW

	<u>IMPROVEMENTS:</u>
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