

493 - Practice Plan

**week 3 / after 2 weeks of Pre-season practices (1st contest Saturday / Sunday = off day)*

SPORT:

LEVEL:

Sunday OFF DAY	Monday Day 1	Tuesday Day 2	Wednesday Day 3	Thursday Day 4	Friday Day 5	Saturday GAME DAY
Daily Focus <i>- Emphasis</i>						
Traditional OR Games <i>+ how to achieve</i>						
Skills for the Day <i>- mental - physical</i>						
Technical Skills						
Tactical Skills						
Evaluation Methods						
Learning and Teaching methods <i>(other)</i>						