

Daily Practice Plan

Length	Time	Activity
20 Mins	6:05 - 6:20	Warm - Up
20 Mins	6:20 - 6:40	Skills Drill:
5 mins	6:40 - 6:45	Water Break
20 Mins	6:45 - 7:05	Fundamentals Drill:
20 mins	7:05 - 7:25	Time Up
5 mins	7:25 - 7:30	Break Down / Dismiss