



# PRACTICE PLAN

*Winning is not a sometime thing. You don't win once in a while, you don't do things right once in a while, you do them right all the time. Winning is a habit. Unfortunately, so is losing. Vince Lombardi*

## FOCUS/OBJECTIVE:

# Balls	Drill	Set 1	Set 2	Set 3	NOTES
<b>Technique or Mechanics</b>					
0					Warm up.
5					
5					
5					
<b>Targets, Shot-Making, Simulated Play</b>					
<b>Technique or Mechanics</b>					
<b>Targets, Shot-Making, Simulated Play</b>					
NOTES					