

Practice Templates

Average Templates

Early Season

Talk	10
Warm Up	20
Quick Drills	10
Technique	40
Live	30
Conditioning	10
	120

lifting

Talk	10
Warm Up	20
Quick Drills	20
Technique	30
Live	20
Lifting	20
	120

Pre-Match

Light

Talk	10
Warm Up	20
Quick Drills	30
	60

Mid-Season

Talk	10
Warm Up	20
Quick Drills	20
Technique	30
Live	30
Conditioning	10
	120

early season more on the technique side
 mid season more on the drilling side
 late season - shorter practices (individually focused)

Late Season

Talk	10
Warm Up	20
Quick Drills	10
Technique	20
Live	20
Conditioning	10
	90