



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
Technique or Mechanics					
0					Warm up.
5					
5					
5					
Targets, Shot-Making, Simulated Play					
Technique or Mechanics					
Targets, Shot-Making, Simulated Play					
NOTES					