

LaSalle S.C.Practice Plan

Coach Name:	Date:
Age Group:	Theme:

Activity	Coaching Points
1st Activity (warm-up) <i>Name</i>	
2nd Activity <i>Name</i>	
3rd Activity <i>Name</i>	
4th Activity <i>Name</i>	
5th Activity (the game) <i>Name</i>	