

**Date:**

Focus of today's practice:
Points to Remember: 1.
2.
3.

**Warm-Up:**

Player-led stretching:
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**Activity 1: 3-Step Learning Progression (Initiation and Acquisition):**

1.
2.
3.

**Activity 2A: Whole Activity (Consolidation)**

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### Activity 2B: Two variations on 2A (Consolidation)

1.
2.

### Final Activity: Mini Game with Process Scoring Rules (Consolidation)

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### Cool Down:

<p>*Decrease muscle activity and heart rate. Stretch tense muscles (not prime movers). Get water and eat something within half hour to help muscles recover.</p> <p>Player-led stretching:</p>
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### Athlete Debrief:

<p>What went well?</p> <p>Suggestions for next time?</p> <p>Lessons learned? (should be the 3 points to be remembered...if all went as planned):</p>
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