



Northwest Territories **SOCCER ASSOCIATION**

PRACTICE PLAN

Team:

Date:

Time:

Location:

Equipment Needed:

Introduction		Coaching Points/Safety Points
Warm-Up	Include general and specific warm-up	Coaching Points/Safety Points
Technique (Unopposed)		Coaching Points/Safety Points
Tactic (Opposed)		Coaching Points/Safety Points
Cool-Down		Coaching Points/Safety Points
Conclusion		Coaching Points/Safety Points

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