

**Exercise 2.2 Planning an Effective Practice**

With a partner, develop a plan for one of your initial practices. Consider your goals stated in Exercise 2.1.

Time Frame (Minutes)	Activity	Emphasis Points
	Warm-ups, Stretching	
	Practice Previously Taught Skills	
	Teach New Skills	
	Practice Skills Under Competitive Situations	
	Physical Conditioning	
	Cool-Down	