

**VOLLEYBALL NEW BRUNSWICK | VOLLEYBALL NOUVEAU BRUNSWICK  
PRACTICE PLAN | PLAN DE PRACTIQUE**

Date:  
Time:



Prac #:  
Venue:

Messages:	Content:	Warmup:
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DRILL NAME:  
TIME OF ACTIVITY:  
PURPOSE:


Drill Description:
Execution Criteria:
Key Teaching Points:
Loading Options/Variations:

Skill(s)/Variations(s)	Key Cues	Key Decisions

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