Date: _	Date: Time: to Location:	
Objectives		Equipment and Reminders
		and otherwise in the experiment of the control of t
Time Min.	Activity or Drill	Key Elements
	Warm-up	
	Introductory Activity	
35 (847-17)	Learning Activities	to of officers and edition to the
depend opment		Keep the players lictive. Mail on lacrosse to give them the
	Players' choice (Fitness)	
Africa Control		TASK 2: Using the practice plantemp
	Cool-down	
Evaluation		Things to work on