

Name: _____

Occupation: _____

Sport _____ **Title** _____

Setup: *Example: The area size, if it involves teams, number of players, number of footballs / basketballs... per player, additional equipment...*

Aims and Objectives:

Which skills it will develop: _____

Example: Receiving the ball, turning, shooting, defending, dribbling, running with the ball...

Brief explanation of the drill or game: _____

Key points: *Example: Keep the ball moving, look up between touches.*

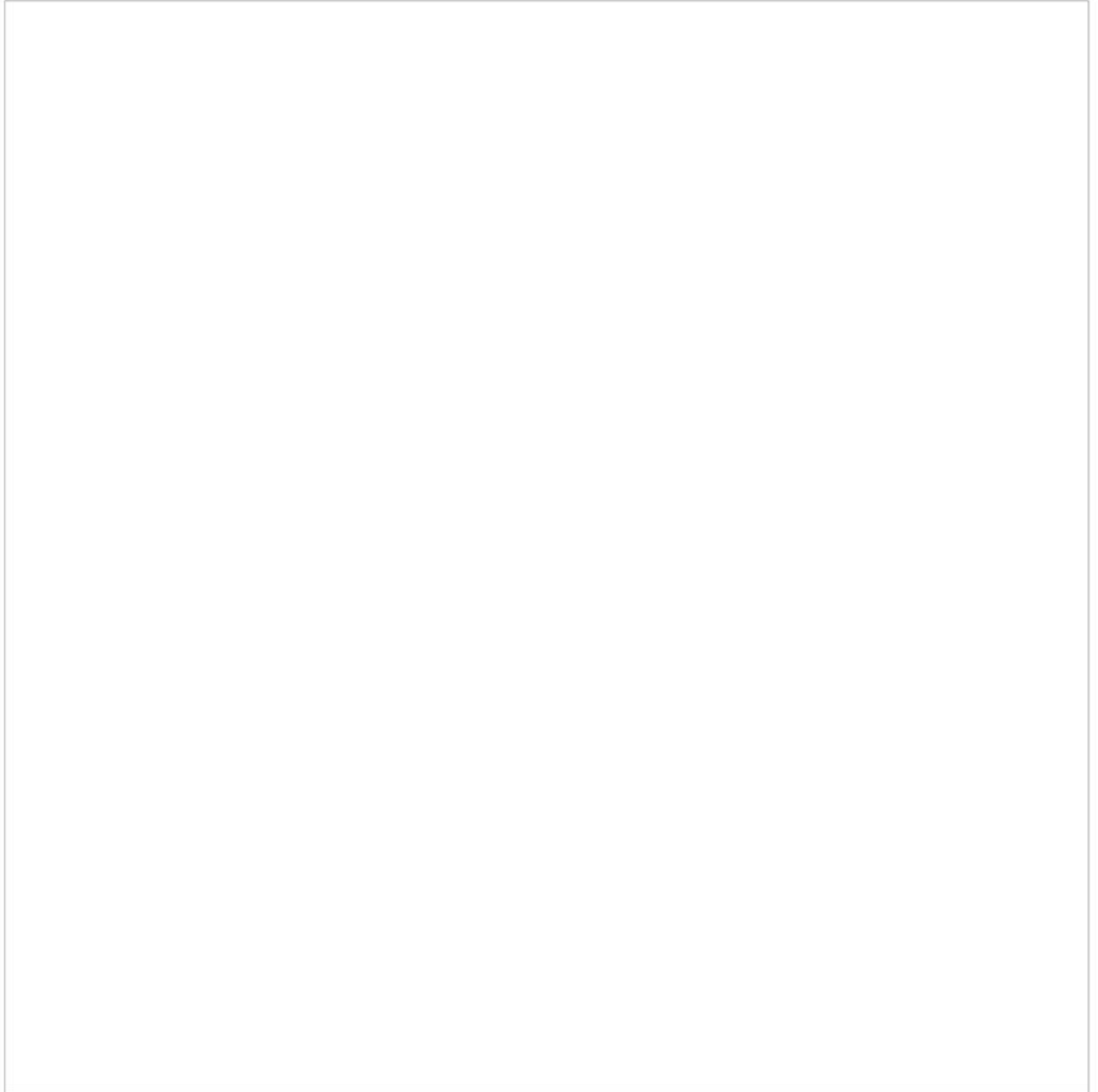
Brief list of the key features: _____

Additional information:

Any other information you would like to include: _____

Diagram:

An image or series of images to accompany the written description.



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