## Individual Skill Development 15-20 minutes (daily)

| Player:<br>Position: | Player:<br>Position: | Player:<br>Position: |
|----------------------|----------------------|----------------------|
| Skill Work:          | Skill Work:          | Skill Work:          |
| 1.                   | 1.                   | 1.                   |
| 2.                   | 2.                   | 2.                   |
| 3.                   | 3.                   | 3.                   |
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|                      |                      |                      |
|                      |                      |                      |
| Player:<br>Position: | Player:<br>Position: | Player:<br>Position: |
| Skill Work:          | Skill Work:          | Skill Work:          |
| 1.                   | 1.                   | 1.                   |
| 2.                   | 2.                   | 2.                   |
| 3.                   | 3.                   | 3.                   |
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