Lesson Plan Template

Date:	**Time:**	**Location:**	
Area of Focus:			
Drill	**What is the Focus?** **Time/Reps Co-operative /Competitive**	**Key Points**	**Progressions / Drills**
1		* * * *	1. 2. 3.
2		* * * *	1. 2. 3.
3		* * * *	1. 2. 3.
4		* * * *	1. 2. 3.
5		* * * *	1. 2. 3.

Equipment Checklist:

- ◊ Paddles
- ◊ Nets
- ◊ Pickleballs
- ◊ Coaching aids (pylons, targets etc.)
- ◊ Whistle

POWWR
PICKLEBALL OF WATERLOO WELLINGTON REGION