



DANCE PRACTICE PLAN

DATE:

Mins	Activity	Specifics
5	Review Notes	
5	Full Body Stretch	
10	Free Dance	
10	Drill 1	
5	Break	
10	Drill 2	
10	Drill 3	
5	Cool Down/Stretch	

TAKE AWAYS

(POSITIVE
MOMENTS, A-HAS)

ISSUES

UNRESOLVED

(WHAT NEEDS WORK)

NEXT STEPS

(SOLUTIONS,
SUGGESTIONS)

