**Deliberate Practice Plan:**

**Work on from the Prior Week’s Match:**

**A perfect version of this skill/technique/item has the following key points to it:**

**Week Plan:**

**Sunday (Review and Discussion):**

**Monday (Installation):**

**Tuesday (Practice + Pressure):**

**Wednesday (Feedback and refine):**

**Thursday (Practice+Pressure, Match Pace):**

**Friday (Refine and Visualize):**

**Saturday (Measurable Goals):**