





*Example:*

<b>Time</b>	<b>Activity</b>	<b>Athlete Notes</b>	<b>Coach Notes</b>
T-65	Staff arrive at field		Arrive at field <ul style="list-style-type: none"> <li>- Select 'Home' sideline</li> <li>- Massage table set up</li> <li>- Identify - water, shade, toilets</li> </ul>
T-60	Athletes arrive at field	Arrive at field <ul style="list-style-type: none"> <li>- Athlete's prepare</li> <li>- Free time, inc: Stretching / mobility / massage / strapping / throws / sunscreen / toilet</li> <li>- Music</li> </ul>	
T-45	Team Huddle		Team Huddle <ul style="list-style-type: none"> <li>- Three main focuses for the game</li> <li>- Keep it simple</li> </ul>
T-43	Athlete time	Throwing Mobility Stretching Spirit Captain meet SC of other team	<ul style="list-style-type: none"> <li>- Give specific instructions to individuals</li> </ul>
T-25	Bring it in for warm up	<ul style="list-style-type: none"> <li>- Captain brief address to team ('switch on now')</li> </ul>	
T-24	Warm up lap		
T-23	Endzone mobility drills		Grab disc for drills



T-15	Break	Drink / Toilet	
T-13	Drill 1	Captain to flip disc at 10 mins	
T-7	Break	Drink / Toilet Individual warm up	
T-3	Team Huddle		Reinforce key messages Inform team of starting O/D and End
T-1	Starting 7 on the line		
T-0	'Game on'		