

PRACTICE PLANNING

Skill Development can be a straightforward task once you have taken the time to develop a practice or seasonal plan. A practice/seasonal plan is made up of a number of important components that should be given strong consideration each time you develop a plan.

1. Practice plan format to record your plan:

- Meets all your needs for information
- Archive your plans for easy reference at a later date

2. Measurable outcomes for the plan:

- Players of all ages need to know the goals of each practice
- Record information about the execution of the plan

3. Elements of the plan:

- Practices/drills should be more active than passive
- A well-balanced practice contains about 5 activities
- Elements of a plan may include warm-up, teaching components, technical skill execution, drills under game like conditions, fun elements, competitive activities and a cool-down

4. Assign the coach responsibilities to lead the drill:

- Ensure that all assistant coaches understand the purpose of the drills so they can provide appropriate feedback to guide improvement
- All coaches should be engaged in the delivery of each drill
- Coaches may be required to participate to start or maintain drill focus

5. Clear illustrations:

- Take pride in illustrating good plans
- Consider the age group to which you are presenting

6. Descriptions to include:

- Written descriptions should include details of the drill execution, key teaching points and key execution points
- Plans should note any extraordinary equipment required