



COACH'S PRACTICE PLAN CHECKLIST

- ☐ Did you set goals and objectives for the practice?
- ☐ Do your drills have specific purposes and meet the goals of the practice?
- ☐ Are your drills suitable to the age and skill level of your players?
- ☐ Does your practice have a general progression from individual skills to team play?
- ☐ Are your drills applicable to the skills used in games?
- ☐ Do you teach new skills and drills early in practice?
- ☐ Do your drills challenge the skill level of the players?
- ☐ Do you keep all players active including the goaltenders?
- ☐ Do you give clear and concise instructions?
- ☐ Do you have the attention of your athletes when you speak to them?
- ☐ Do you explain and demonstrate skills and drills clearly?
- ☐ Do you inform your assistant coaches and use them effectively?
- ☐ Did you keep them active in all drills?
- ☐ Did you use the entire ice surface available to you?
- ☐ Do you observe, evaluate and give feedback throughout the practice?
- ☐ Do you keep the drills effective, competitive, active and challenging?
- ☐ Are you positive and upbeat?
- ☐ Do you greet the players by their first name before practice?
- ☐ Do you include a fun drill in each practice?
- ☐ Do you stop drills when general error or lack of effort is apparent?
- ☐ Do you do your conditioning drills at or near the end of practice?
- ☐ Do you speak to players as a group at the end of practice to discuss the practice, upcoming games or general information?
- ☐ Do you allow time for players to work on/practice specific skills individually?
- ☐ Do you communicate individually with each of your players throughout practice?
- ☐ Do you emphasize fun?