

PRACTICE CHECKLIST

Practice sessions can be tedious for a player and frustrating to a coach. Often, a quick evaluation of your previous session will give you a clear idea of an area of weakness. The following checklist should provide any coach the opportunity to improve their practice sessions and create meaningful practices for their players.

- Decide on a topic for emphasis based on previous match or practice and make written plans for the sessions.
- Arrive 15 minutes before scheduled start time.
- Assure that water and medical kit are available.
- Arrange all equipment and field or gym set-up for exercises before practice begins.
 - Begin practice on time.
 - Warm-up to be related to theme of practice.
 - Verbal explanations to be concise, meaningful, and to the point. Players allowed chance to experience and learn. Avoid lecturing.
 - Ample number of balls. Don't spend time chasing balls.
 - Keep all players actively involved.
 - Exercises to provide game-like pressure on players.
 - Exercises conducted on proper third of field.
 - Arrange grids in proper size to get proper pressure training, improve speed of decision-making and improve technical ability.
 - Use positive reinforcement with all players.
 - Use "freeze" method of explanation from the point of the mistake. Players to begin from the point of the mistake and follow instructions correctly.

- No more than five “freezes” during the session.
- Do not interrupt play during the final scrimmage or match/game condition.
- Allow time to cool down and stretch at the conclusion of practice.
- Ask players questions relating to the practice theme and solicit their input.
- Remain enthusiastic and upbeat during the entire session.
- Provide information concerning upcoming matches/games and tournaments to players.
- Recognize improvement in play related to the practice topic.
- End session on time.

Quality practice sessions will result in quality players. Have enough confidence in yourself to ask a coach you respect to watch your training session and make suggestions. When experiencing difficulties with your sessions ask for help or use the checklist. Your players deserve the best.