

Creating a Practice Plan

There are only so many practices in a season and so many hours you are allotted to practice. So how do you get all that knowledge into the players and team as a whole?

First, realize you will never get all that knowledge out there. Find key teaching points or focus areas, 2-3 per season, that you define as a coach the most important for an 8-week season and build around them. Simplify your mind so that you can coach with clarity and purpose.

Second, develop a practice plan. This plan will give you better use of your time and provide you direction for each practice. Compass Sports suggest using the whole-part-whole method. This method will allow you to introduce to the team as a whole what your goal(s) for that particular practice is. Then you break down into smaller parts using drill stations to work on them, and finally you bring everyone back together and put the whole into a scrimmage / game experience to see the development. Using a time system for each section of practice will help you.

Third, create an unstructured feel in a structured environment. Players need to have fun, but they need guidance. Make sure players are getting multiple opportunities within the drills. Avoid children standing around waiting for their turn. Keeping them active in creative ways will help with their attention. Research large game concepts that you can do as a team that are fun, but are purposeful in teaching the sport.

Fourth, practice needs to be fun. Remember for most kids, they have been in an all day learning environment during fall, winter, and spring sports. Give them space to play the game, to run around, and to use their new skills. Use small game scrimmages to observe their development, to teach specific scenarios, and to simply let them play.

Practice Plan Week 3

5:50 PM Arrive at location to greet players and setup practice space

6:00 PM Players and families arrive. Great them with questions about their day or find an interest point to talk about. Its about connecting before you start teaching.

6:07 PM Fitness and Warm-ups

6:10 PM Whole Part Whole – describe what’s going to happen
Teach what your goal is for the day

6:15 PM Break into stations or drills
Station 1 or Drill 1 5 minutes
Station 2 or Drill 2 5 minutes
Water 2 minutes
Station 3 or Drill 3 5 minutes
Station 4 or drill 4 5 minutes

6:40 PM Large group game in small-sided formats
Scrimmage options

6:55 PM Team Devotion and Wrap up