



PRACTICE PLAN STRUCTURE

TIME	PRACTICE PART	KEY CONTENTS AND TIPS
Variable 2-3 min	Introduction	<p>Before practice begins...</p> <ul style="list-style-type: none"> <input type="checkbox"/> Arrive early <input type="checkbox"/> Inspect facilities <input type="checkbox"/> Organize equipment <input type="checkbox"/> Greet each player as they arrive, get a feel for their mood <p>At the beginning of practice...</p> <ul style="list-style-type: none"> <input type="checkbox"/> Start on time <input type="checkbox"/> Ask players to gather in front of you <input type="checkbox"/> Talk briefly about the goals of the practice <input type="checkbox"/> Give specific safety instructions <input type="checkbox"/> End with a team cheer
5-10 min 8-15 min	Warm-up	<p>General warm-up</p> <ul style="list-style-type: none"> <input type="checkbox"/> General exercises or games to raise body temperature <input type="checkbox"/> Dynamic warm-up exercises <p>Specific warm-up</p> <ul style="list-style-type: none"> <input type="checkbox"/> Short activities that players already know and that mimic the movements of the main part <input type="checkbox"/> Intensity should gradually increase but not tire the players <p>Note: Never skip or rush a warm-up, as this may lead to injury.</p>
15-30 min	Main Part	<ul style="list-style-type: none"> <input type="checkbox"/> Sequence three or more activities (depending on time and logistics) together in a progressive fashion <input type="checkbox"/> Use fun games whenever possible <input type="checkbox"/> Avoid elimination activities, because players who need the most practice get eliminated first (e.g., if you lose the ball you're out) <input type="checkbox"/> If parents or assistants are available, set up stations to minimize downtime and line-ups <input type="checkbox"/> Aim to improve age and stage appropriate skills of players <input type="checkbox"/> Play modified mini-games that allow everyone to participate
5-10 min	Cool-down	<ul style="list-style-type: none"> <input type="checkbox"/> Gradually decrease intensity <input type="checkbox"/> Follow with a static stretching routine
2-3 min	Conclusion	<ul style="list-style-type: none"> <input type="checkbox"/> Give brief comments on what went well, what needs improving <input type="checkbox"/> End with a team cheer <input type="checkbox"/> Ensure that nobody leaves feeling frustrated or in an aggressive mood