



Designing A Practice

The design of a practice, gives you the coach the opportunity to place your own personal input into the development of your players. The design of the practice should follow careful consideration of the following issues:

ENJOYMENT

Players play for enjoyment. Try to incorporate elements into your design which are light hearted and fun but do not lose sight of the practice goals and objectives.

INNOVATION

Try to be innovative with the design. This may mean altering some of the practice or introducing a different way of scoring an activity or game. Do not be afraid to change any part of your coaching session.

MAXIMUM ACTIVITY

Try to avoid practices that involve young players having to stand and watch for long periods. Attempt to set up activities so that everyone is working.

DIFFERENTIATION

It is possible to set up your practices so that it can challenge the more developed player and the least developed player and both feel they have achieved success.

COMPETITIONS

Most children enjoy playing in competitive situations. Attempt to design your practice to incorporate this by setting lots of short term goals, such a show many points you can score or how many times you can perfect a certain technique in a limited amount of time.

PART II: PLANNING AND ORGANIZING A PRACTICE

When planning and organizing a practice, the following points should be considered:

THEME

Each practice should have specific goals and objectives. These will be short term which are linked into the long term plans of the season. In order to achieve these objectives, a single theme for the practice should be chosen. Encouraging an individual theme for a practice session aids the learning and understanding of all players. Despite the enthusiasm to coach all aspects of the game, coaches should concentrate solely on the theme of the practice. Age of the players should be considered when planning a practice. For proper guidelines, see the "Thresholds of Training" guidelines.

TIME

The length of the time allocated for practice will influence the planning and design. See the suggested Individual session format guide.

EQUIPMENT

What equipment do you require to successfully coach in your practice? It is recommended that the coach have 8-10 balls, 20-25 cones, 10 pinnies and a basic first aid kit.

FACILITY

Several important factors should be taken into consideration such as weather you play indoors or out, the size of the field, the surface and the availability of goals.

WEATHER

Extremes of weather can cause you to adapt the design of your practice.