

PRACTICE PLANNING CHECKLIST

DATE: _____ TIME: _____

EQUIPMENT NEEDED: _____

TEAM CORE VALUES:

NOTES/LEARNINGS FROM LAST PRACTICE:

PRACTICE FOCUS

SPORTS SKILLS: _____

LIFE SKILLS: _____

SET-UP AND ARRIVAL ROUTINE (ARRIVE 15 MINUTES EARLY)

OPENING ROUTINE

WARM-UP ACTIVITY

ACTIVITY #1 (BREAK DOWN THE SPORTS AND LIFE SKILLS; KEEP LINES SHORT AND MOVING)

ACTIVITY #2 (PROGRESS THE DIFFICULTY OF ACTIVITY #1 WITH PRESSURE, OBSTACLES, OR COMPETITION)

SCRIMMAGE/GAME (APPLY SKILLS IN GAME SITUATION; KEEP COACHING POINTS TO A MINIMUM)

CLOSING ROUTINE

PRACTICE PLANNING CHECKLIST

POST-PRACTICE REFLECTION

WHAT WAS ONE SUCCESS FROM PRACTICE?

WHAT IS ONE LEARNING FROM PRACTICE?

HOW DID I ACTIVELY BUILD BELONGING OR CONNECTION FOR AN ATHLETE TODAY?

DID I MAKE AN ASSUMPTION ABOUT AN ATHLETE'S EFFORT, ATTITUDE, OR POTENTIAL TODAY?

WHAT DO I WANT TO KEEP IN MIND FOR NEXT PRACTICE?

ONE SPECIFIC IMPROVEMENT I NOTICED IN AN ATHLETE WAS...

DID ANY ATHLETES SEEM DISENGAGED, WITHDRAWN, OR NOT ACTING LIKE THEIR USUAL SELF?
WHAT IS MY FOLLOW-UP PLAN FOR THEM?

WHICH SPORTS AND LIFE SKILLS SHOULD WE WORK ON FOR NEXT PRACTICE?

EXAMPLE PRACTICE PLANNING WORKSHEET

NOTE TO COACHES

This example uses a soccer model to demonstrate practice flow and skill progression. The same routines, progressions, and reflections apply seamlessly to every other sport.

DATE: _____ TIME: _____ EQUIPMENT NEEDED: 25 cones, 10 balls, and 8 pins

TEAM CORE VALUES:

Ex: Support each other, try our best, have fun

NOTES/LEARNINGS FROM LAST PRACTICE:

Ex. We were giving up a little too easily when encountering challenges. We can work on our control more. Lizbeth's vision has improved. Keep an eye on Mark - he was withdrawn last practice

PRACTICE FOCUS

SPORTS SKILLS: Ex: Trapping, ball control, keeping our heads up to receive the ball

LIFE SKILLS: Resilience, supporting teammates

SET-UP AND ARRIVAL ROUTINE (ARRIVE 15 MINUTES EARLY)

What needs to be set up? Ex: Set up 5, 8 X 8 yard boxes across the field.

What will athletes do as they arrive? Ex: Athletes will pick a partner, pass the ball back and forth, and connect about their day.

OPENING ROUTINE

Check in with athletes and introduce the skill/theme. Write what you will say here. Ex: Let's see how we're all doing. Thumbs up for a good day, middle for an okay day, and down for a not-so-great day. It's okay to be thumbs middle or down; thank you for sharing. Today, we're going to work on our trapping technique and on sticking with it when things are hard.

WARM-UP ACTIVITY

What engaging warm-up activity will you run? Ex: Warm-up with a game of tag.

Who will lead stretching? Ex: Josephine and William will be co-captains for the day and lead stretching.

ACTIVITY #1 (BREAK DOWN THE SPORTS AND LIFE SKILLS; KEEP LINES SHORT AND MOVING)

What are the demonstration points? Ex: 1) Stay on your toes 2) Receive the ball with the inside of your foot 3) Use a soft touch 4) When we encounter a challenge, we're going to shift our strategy to overcome it.

Activity description: Ex: Pair athletes up. Each pair gets an 8 X 8 box. Athletes start off on opposite sides of the box. Athlete 1 passes to athlete 2, then moves to another side of the box. Athlete 2 then passes to Athlete 1 and moves. Athletes should focus on their control of the ball.

EXAMPLE PRACTICE PLANNING WORKSHEET

ACTIVITY #2 (PROGRESS THE DIFFICULTY OF ACTIVITY #1 WITH PRESSURE, OBSTACLES, OR COMPETITION)

Progression details: Ex: Adding defensive pressure.

Activity description: Ex: Athletes are now in groups of 4 - combining two groups. Pair 1 starts on offense on the outside of the box; pair 2 plays defense in the inside of the box. Similar to before, the offensive players pass the ball to their partner, then move to any open side of the box. The defensive pair attempts to steal the ball. After 10 successful pass attempts, or a stolen ball, the pairs switch.

SCRIMMAGE/GAME (APPLY SKILLS IN GAME SITUATION; KEEP COACHING POINTS TO A MINIMUM)

1-2 Key points to reinforce: Ex: In today's scrimmage, we're focusing on our control and encouraging our teammates, especially when they make mistakes.

CLOSING ROUTINE

Check in with athletes again, ask for feedback, and run a winners' circle. Ex: Let me see your thumbs one more time. If anyone has thoughts on practice, I'll be around to connect after practice. Let's take a moment to recognize our teammates - did anyone see a teammate improve their control today? Did anyone see a teammate overcome a challenge today?