

# **PRACTICE PLANNING CHECKLIST**

- A practice plan has been developed that is organized and well structured and includes an introduction, warm-up, main-part, cool-down, and conclusion.
- The practice is appropriate for the age and ability of the athletes.
- The practice session reflects your season of play (early season, mid-season, competition phase).
- You have done a safety check in the gymnasium before practice begins, and an Emergency Action Plan has been prepared in the event of an emergency.
- The drills and activities for the practice have well defined goals.
- The goals & purpose of the practice session have been communicated to the athletes in the introduction (I also suggest posting your practice plan on the gym wall).
- Instruction to athletes is specific, brief and straightforward (a visual demonstration is important).
- Transition between activities is quick and efficient, ensure drink breaks when necessary.
- All athletes are actively involved throughout the majority of practice.
- The athlete understands their responsibility in practice is to listen carefully to instructions and perform the tasks to the best of their ability.
- Athletes are having fun and are genuinely interested in the activities at practice.
- The practice starts and finishes on time, and the overall tone is positive.
- The conclusion includes an overall evaluation of the session to see if the session goals were met and if the athlete's were focused and meeting expectations.

