

PRACTICE PLANNING

Skill Development can be a straightforward task once you have taken the time to develop a practice or seasonal plan. A practice / seasonal plan is made up of a number of important components that should be given strong consideration each time you develop a plan.

- 1. Practice plan format to record your plan:**
 - Meets all your needs for information
 - Archive your plans for easy reference at a later date.
- 2. Measurable outcomes for the plan:**
 - Players of all ages need to know the goals of each practice
 - Record information about the execution of the plan
- 3. Elements of the plan:**
 - Practices / drills should be more active than passive
 - A well balanced practice contains about 5 activities
 - Elements of a plan may include warm up, teaching components, technical skill execution, drills under game like conditions, fun elements, competitive activities, and a cool down
- 4. Assign the coach responsibilities to lead the drill:**
 - Ensure that all support people understand the purpose of the drills so they can provide appropriate feedback to guide improvement
 - All coaches should be engaged in the delivery of each drill
 - Coaches may be required to provide stimuli to start or maintain drill focus
- 5. Clear illustrations:**
 - Take pride in illustrating good plans
 - Make it a habit to use international symbols
- 6. Descriptions to include:**
 - Written descriptions should include details of the drill execution, key teaching points, and key execution points
 - Plans should note any extraordinary equipment required

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