

Top 10 Keys to Creating a Quality Practice Session

1. Athletes are engaged in age-appropriate skill learning for a large percentage of the practice.
2. Athletes are led to feel successful in a positive and caring environment.
3. Athletes are given a clear objective of what they will learn in each practice.
4. Feedback is given often and in a positive, specific manner. When giving corrective feedback, coaches should sandwich the corrective feedback between two positive feedback comments.
5. Athlete progress is monitored regularly and athletes are held accountable for working toward goals and objectives.
6. Practices use little management time. Transitions from one activity to another are smooth and waste little practice time.
7. Athletes spend little time waiting in lines and engaging in other unproductive behaviors.
8. A large percentage of practice time is devoted to skill learning.
9. Coaches come to practice organized and have high, but realistic, expectations for their athletes.
10. Coaches are enthusiastic models for athletes. Coaches should model appropriate behaviors in the presence of athletes.

