



The Importance of Planning a Practice

- » Build opportunities for youth to learn life skills
- » Ensure team rituals are consistent each practice
- » Plan grouping strategies ahead of time so youth do not feel left out when groups are created
- » Focus on players and their emotions during practice instead of trying to think about what the next activity will be
- » Create opportunities to strengthen relationships with players and between players
- » Plan a progression of skill so players work toward mastery
- » Anticipate where players may struggle and come up with ways to encourage them

