

**Here are some tips to develop players' leadership skills in a virtual practice**

## **COACHES CAN:**



### **Prepare player to lead a pair and share activity**

**Support a new player each week to lead a 'get to know you' pair and share**



### **Invite players to lead stretches**

**Players choose different stretches to lead the team through**



### **Assign a different team captain for each practice**

**Have that captain demonstrate a skill, lead a warm-up and cool down, and lead a team cheer**



### **Have a player choose a 'skill homework' assignment**

**Ask a player to choose a skill for an at-home activity to work on between practices**

