



FACILITATION TIPS



Plan Ahead

Know what your practice will look like ahead of time and anticipate barriers your players may face when participating in at-home activities



Listen

Offer your players opportunities to speak and carefully listen to their perspectives so they know they are heard and cared for



Be Enthusiastic

Bring extra energy to your virtual practice to help engage and excite your players



Use Clear and Concise Directions

Keep directions short and to the point; check for understanding



Demonstrate

For each activity, have someone demonstrate what you are looking for (either a volunteer or yourself)



Appreciate

Thank your players for taking the time to participate in practice

