

# RUSH HENRIETTA ATHLETIC ASSOCIATION

## PRACTICE ORGANIZATION TIPS

- **Plan every practice.** Don't take valuable time on the field to plan your next move.
- **Inform assistants** what their duties will be during practice.
- **Prepare** to begin practice with the arrival of the first player.
- **Begin practice on time** and keep it controlled, but fast moving.
- **Use the same sequence** of loosening-up drills at each practice and choose drills that reflect the sport activity.
- **Keep your best players from always pairing off** during warm-up and drills.
- **Provide as many repetitions of the basic skills** as possible and make up games using the skills.
- **Teach fundamentals** in a 1,2,3- step progression.
- **Minimize listening and lecture time.** Athletes will progress faster if they see a demonstration and learn by doing.
- **Discipline problems will be minimized if all are kept active.** If you must discipline, do so by taking them out of the activity and sit them down for a period of time. When they return to play, welcome them back and let the discipline be over.
- **Use positive reinforcement.** When improvements does not take place immediately, your athlete will not sense failure unless you show a negative reaction.
- **Be patient, persistent, flexible, and maintain a sense of humor.** In other words, be yourself and have fun.