

## OUTLINE OF A PRACTICE PLAN

Practice Part	Purpose	Elements	Examples
Introduction (2-3 min.)	Greet athletes and let them know what will be taking place	<ul style="list-style-type: none"> <li>• Greeting for each athlete</li> <li>• Assessment of athletes' energy</li> <li>• Information about goals of practice and planned activities</li> <li>• Safety instructions specific to planned activities</li> </ul>	“We played well last game! Today we will focus on some of the fundamentals that we need to improve on.”
Warm-up (General and Specific) (12-25 min.)	Prepare the body for the activities in the main part	<p><u>General:</u></p> <ul style="list-style-type: none"> <li>• Exercises or games to loosen muscles and raise body temperature</li> <li>• Progressive stretching</li> </ul> <p><u>Specific:</u></p> <ul style="list-style-type: none"> <li>• Brief familiar activities that mimic movements to be taught/practised (possibly same activity, but at lower intensity)</li> <li>• Gradual increase in intensity that will not tire athletes</li> <li>• Quick transition to explanations/instructions and activities</li> </ul>	<p>Players play a game of tag.</p> <p>Players play catch, increasing the distance after each series of successful throws.</p>

Practice Part	Purpose	Elements	Examples
Main Part (30-60 min.+)	Perform activities that will help athletes improve sport-specific abilities and fitness	<u>Three or more activities:</u> <ul style="list-style-type: none"> <li>• Logically linked and sequenced</li> <li>• Challenging to promote learning and fun</li> <li>• Set up to involve athletes in activity most of the time</li> <li>• Providing adequate repetition</li> <li>• Appropriate for age, fitness level and abilities of athletes</li> <li>• Relevant to the sport</li> </ul>	Batting practice.  Players are divided into 3 groups, each with a coach and specific defensive topic.  Players perform base running drills.
Cool-down (5-10 min.)	Begin recovery	<ul style="list-style-type: none"> <li>• Gradual decrease in intensity</li> <li>• Stretching, especially of muscles most used</li> </ul>	Players do static stretching, holding a stretching position for 10 seconds.
Conclusion (3- 5 min.)	Debrief athletes and tell them about the next practice or competition	<ul style="list-style-type: none"> <li>• Feedback (given and requested) on what went well and what can be improved</li> <li>• Information about next practice or competition (e.g., logistics, goals, and emphasis)</li> <li>• Team cheer</li> <li>• Individual conversations with athletes before departure</li> </ul>	“Thank you for working hard today! We had a great batting practice that focused on hitting the ball up the middle. Remember to watch the ball hit the bat and then run to first base.”  "Let's review our upcoming team events."