HOW TO RUN A SUCCESSFUL PRACTICE - www.Softballontario.ca

- A successful practice accomplishes the planned objectives set out by the coaches
- A successful practice keeps players active and enthusiastic about the game
- A successful practice uses available resources and equipment to their best advantage

The Practice Plan…

- states the objectives you wish to accomplish
- organizes use of your resources (coaches, practice area i.e., gym or ball field), time and equipment

To keep the players active and enthusiastic…

- coach should arrive early to set up equipment and greet players prior to designated practice time
- start practice with a team huddle; explain the objectives to be accomplished for that practice; provide overview of the practice plan and respond to any comments or questions
- proceed with warm-up which should include
    - raising body temperature
    - stretching muscles and mobilizing joints
    - throwing and catching

  * during stretching period, the coach should talk briefly to each player letting them know what is expected of them during the practice and what they should focus on while performing drills and activities.

Using resources and equipment…

- the main body of the practice contains drills, fun activities and game simulations that aid in accomplishing pre-set practice goals, making the best use of your coaches, resources and equipment
- wrap-up practice with a huddle (preferably on the same spot on the field or gym as your pre-practice huddle)
    - coaches provide observations and comments related to the practice
    - answer questions and comments from the players
    - make announcements and assign any homework

Extra points to keep in mind……

Effective practicing has the following features:

- Simulation plays a key role.
- Mental-training skills are a regular and significant part of practicing.
- When addressing the group with feedback, gather together for 30 seconds, get everyone's attention, then return to activity.

The more closely practice simulates competitive conditions, the better athletes' performance in competition will be.

Simulation is most important at the intermediate and later stages of learning. In the early stages, simplify skills and tasks, and reduce extra stress to allow athletes to concentrate on learning.