

## **Planning and Organizing a Practice**

### The 6 Keys:

1. *Equipment* – balls, cones, pinnies, goals or flags.
2. *Theme* – Stick with it and don't digress.
3. *Area* – Appropriate for the given activity.
4. *Adaptability* – If it's not working then change/modify.
5. *Maximum Activity* – Keep as many working for as much time as possible.
6. *Be in Charge* – At the end of the day, you have to make the decisions.

## **Developing a Practice**

### Progression is the key:

Develop and progress the chosen theme as follows:

- a) *Warm Up* – Ball each and relevant to the forthcoming activity. Use the warm up to introduce theme of session and explain goals.
- b) *Technique Practice* – Explain and demonstrate what you are looking for throughout the course of the session.
- c) *Skill Practice* – Add pressure and introduce decision making in a more 'game like' setting.
- d) *Conditioned Game* – Scrimmage with conditions to promote the theme of the day.
- e) *Game* – Regular, unconditioned scrimmage. Coach what you see relevant to the chosen theme.