

Practice Planning & Organization
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Presentation Overview:

- **Making your practices specific**
- **How to be timely**
- **How to use yesterday's practice as a starting point**
- **Setting up a practice based on skill level**
- **How to be properly organized for any situation**
- **Open forum/ Questions**

Making your practices specific

- Write a practice plan!
 - ❖ Have a detailed plan (every drill and minute accounted for) *Examples provided
- Have drills within your team's capability and specific to your teams needs
- Don't use "filler drills"
- Best to use drills that keep all players active *Examples provided

How to be Timely

- Definitive start and end times
 - ❖ Timeliness is something that goes along way with players
- Have a set time for all drills
- No wasted time between drills
- Coaches set the tone

Using previous practice as a starting point

- Take notes immediately after practice
- What drills worked? What does the team need?
- Start practice where you left off

Setting up a practice based on skill level

- Must have a clear/realistic idea of your team's skill level
- Use separate groups
- Find your team's identity, strengths, and weaknesses

How to be properly organized in any situation

- Always have a "plan B"
- Be ready to adapt and change
- Know when to STOP a drill
- Alternative drills based on skill level

Open Forum/ Questions