**COMPONENTS OF DYNAMIC PRACTICES** – **COACHES**

Define what your practice should be..

Ex: Practice is developing important components of the game in each player

Practices makes better … make better practices **Plan your practice!**

* OPENING RITUAL – How to get into practice mode
* INSTRUCTION – What is going to be taught today
* SKILL DRILLS - work specific skills – not too broad
* CONDITIONING – Why does the sport need conditioning, instill work ethic
* SCRIMMAGE – use as classroom on how to play, breakdown situations, not just play
* TANK FILLING – Feeling good about team member, positive reinforcement
* TEAM CONVERSATION – Build and expand on culture of team camaraderie
* CLOSING RITUAL – Saying, Team, Q&A
* ASSESSMENT – What went well at practices, what makes a good practice

**HONORABLE COACHING CRITERIA**

* **Treats ALL players and opponents with respect**
* **NEVER bends the rules to win**
* **ALWAYS puts team best interest ahead of their own**
* **Consistently uses positive reinforcement to teach the sport**

**NEW COACH – NEVER COACHED – RELUCTANT COACH**

* Identify 3 key areas to improve on (example)
* Filling tanks
* Drills
* Assessment

WANT TO GET BETTER AT THESE AREAS ?? UNDERSTAND THE TERMINOLOLGY !  
  
ATTEND THE POSITIVE COACHING ALLIANCE WORKSHOP – **SUNDAY, SEPT. 18th !!**