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| TIME | PRACTICE PART  | KEY CONTENTS AND TIPS |
| *Variable**2-3 min* | Introduction | Before practice begins…* Arrive early
* Inspect facilities
* Organize equipment
* Greet each player as they arrive, get a feel for their mood

At the beginning of practice…* Start on time
* Ask players to gather in front of you
* Talk briefly about the goals of the practice
* Give specific safety instructions
* End with a team cheer
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| *5-10 min**8-15 min* | Warm-up | General warm-up* General exercises or games to raise body temperature
* Dynamic warm-up exercises

Specific warm-up* Short activities that players already know and that mimic the movements of the main part
* Intensity should gradually increase but not tire the players

**Note:** Never skip or rush a warm-up, as this may lead to injury. |
| *15-30 min* | Main Part | * Sequence three or more activities (depending on time and logistics) together in a progressive fashion
* Use fun games whenever possible
* Avoid elimination activities, because players who need the most practice get eliminated first (e.g., if you lose the ball you’re out)
* If parents or assistants are available, set up stations to minimize downtime and line-ups
* Aim to improve age and stage appropriate skills of players
* Play modified mini-games that allow everyone to participate
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| *5-10 min* | Cool-down | * Gradually decrease intensity
* Follow with a static stretching routine
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| *2-3 min* | Conclusion | * Give brief comments on what went well, what needs improving
* End with a team cheer
* Ensure that nobody leaves feeling frustrated or in an aggressive mood
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