**STRUCTURE AND ORGANIZATION**

* The practice is organized and well structured (introduction, warm-up, main part, cool-down, conclusion).
* The length of the practice is appropriate for the age and ability level of the players.
* Full use is made of available facilities and equipment to achieve the practice goals.
* The practice includes a variety of activities.
* Activities are planned so there is minimal waiting time for players.
* The transition from one activity to the next is planned in such a way as to minimize the time wasted.
* Activities are presented in the appropriate order in the main part of the practice.
* Equipment is available, ready to use and set-up early.

**CHOICE OF ACTIVITIES**

* The activities are appropriate to the developmental stage of the players.
* The activities are adapted to the skill and fitness level of the players.
* The activities have well-defined goals, and the purpose of the tasks involved is clear.
* The activities are relevant to the sport.

**SUCCESS AND CHALLENGE**

* The activities present reasonable challenges to the players.
* The activities are chosen or designed so that the success rate by the players when performing the task is no less than 70%.

**SAFETY**

* Potential environmental, equipment and facilities, and human risk factors have been considered, and the activities are designed accordingly.
* An Emergency Action Plan and player medical forms are available.