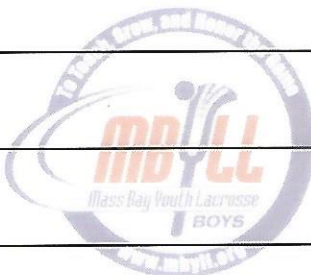




Today's Focus		Smart Practice Plan prepared for:		Today's Date
		Coaches Build Practice Plan with a focus and based on Team's experience, age & skill level		
What Age Level & Team Experience	Topics to Consider: Stick Skills, Individual 'O' or 'D', Team 'O' or 'D', Shooting, Rides, Clears, Transition, Unsettled, Fast Break, MDD, FO's, EMO, and supporting Player, Position, Group & Team Development Drills & Skills			Teach Using I.D.E.A. Method
Pre-Practice Checklist	Smart Start: Preparing for Practice			Coach/Teacher Role Model
Timeline	Communicate Purpose & Goal of today's practice to Players & Coaches			Name(s)
T - 0:30	Coaches Meet: Review Practice Plan. Assign roles, responsibilities & drill stations. Distribute balls, pinnies, cones.			
T - 0:20	Warm up Goalies (Coach or HS Mentors). Players arriving early get partner to do pair pass/catch.			
T - 0:05	Review Practice Plan w/ Players: then Team does warm-up lap & dynamic stretching. Coaches go set up Drill Stations.			
Drills & Skills	Pick 3	Stations: Player Skill Development		Up to 10 minutes/drill
Purpose of Drills?	Player drill progression: by self → w/ partner → w/ opposition → w/ pressure → in game			Focus of Drill?
T + 0:10	#1			
T + 0:20	#2			
T + 0:30	#3			
Other drill 'if needed'				
T + 0:40	Water Break (5 minutes or less)			
Position or Group Play	Pick 1	Situational: Position & Group Development		Up to 20 minutes total
Purpose of Drills?	Position or Group drills: fast break, face-offs, rides, clears, offensive movement, defensive slides, 3 vs 2, 4 vs 3, etc.			Focus of Drill?
T + 0:45				
Other drill 'if needed'				
Team Play	Pick 1	Scrimmage: Team Development		Up to 20 minutes total
Scrimmage Goal?	Controlled Team Scrimmage: best to run multiple 6 vs 5 or 5 vs 4 or 4 vs 4 small-ball 'scrimmages'			Team's Focus?
T + 1:05				
	ONLY IF NEEDED: Sprints & Conditioning (Suicides, Indian Run, Relay Race, Ground Ball Scramble, etc)			
Coach Summary Player's Stretch	Summary & Static Stretch: Close on a Positive Note			Up to 20 minutes total
Practice Results?	Coaches share Summary highlights of practice, key take-aways & other info as Players Stretch & Listen			Positive Note?
T + 1:25				
Smart Positive Charting = Smart Positive Coaching: How to achieve Team Goals during a Practice or Game				
Team Goals	Look for positive things players do during practice or a game to support Team goals. Observe, be honest, share notes.			% of Goal Achieved
		Go online to download Mass Bay Smart Practice Plan at www.mbyll.org		
				
www.positivecoach.org	www.mbyll.org	www.uslacrosse.org	www.uslmobilecoach.org	