

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	<i>Topics to Consider:</i> 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



Today's Focus

Smart Positive Charting

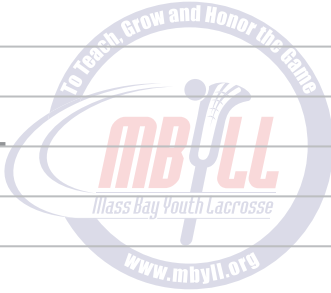
Today's Date

How to recognize & increase the number of 'right things' Players & Teams do

Player Name, Position or #

Look for the positive things your players do & make a note below. Observe, be honest, share w/ Player & Team.

Set Goal for Each Player



The Top 5 Characteristics of A Great Coach:

- #1 A Teacher who Inspires, Listens & Encourages:** and NEVER underestimates the impact they have on their players on & off the field
- #2 Always Prepared:** with Practice Plans written & reviewed BEFORE practice focused on improving lax fundamentals, teamwork & fun factor
- #3 Sets Team Culture & Honors the Game:** by respecting the Rules, Opponent, Officials, Team & Self (R.O.O.T.S. of positive play – use it!)
- #4 Redefines what it means to be a 'Winner':** by focusing Team on the E.L.M. Tree of Mastery (Effort, Learning & practicing Mistake ritual)
- #5 Fills Players Emotional Tanks:** by using 5:1 Magic Ratio (5 compliments to 1 correction) & Positive Charting to improve each player & team

Notes

Going Well	Needs Work



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