

Sample Practice Session Planning Checklist



- The practice session is organized and well structured (introduction; warm-up; main part; cool-down; conclusion).
- The duration of the practice session is appropriate for the age and ability level of the participants/athletes.
- The practice session starts on time, and the time allocated for the practice session is respected.
- Facilities and equipment are used properly and judiciously.
- The activities designed for the practice session have well-defined goals.
- The instructions given to the participants/athletes are clear, brief, and simple.
- The chosen activities are appropriate for the ability and proficiency of the participants/athletes, and they present exciting and reasonable challenges to them.
- The practice session includes a variety of activities.
- Appropriate safety measures are implemented that consider the age and proficiency of the participants/athletes, as well as the nature of the activities. An Emergency Action Plan is ready in the event of an emergency.
- Time is not wasted during an activity, or in transition from one activity to the next.
- Participants/athletes are actively involved throughout the majority of the practice session.
- Participants/athletes perform the prescribed tasks to the best of their abilities.
- Participants/athletes are having fun and are demonstrating genuine interest in the activities.
- The overall tone of the practice session is positive.