

*As a coach, you have a major influence on your athletes. Not only will you affect the development of their skills and long-term enjoyment of the sport, you will also play a role in their development as individuals. It is important that you have effective resources to help you.*

*The Coaching Association of Canada, in partnership with the national sport organizations, compiled the following coaching tips.*

## 5 Steps to a Better Practice



To avoid "turning players off" in coaching situations, a coach needs to plan the activities of the practice. That is to say that the coach should have a general idea what the players will be doing during the session. This can be best achieved by applying these 5 steps:

### Step 1:

- Set up the playing environment.
- define the boundaries and space needed for each activity.
- define the objectives/goals for the players.
- set up co-operating and/or opposing players where necessary.
- This environment should bring out or highlight the technique or skill under consideration.

### Step 2:

- Set the players to work in the environment. Players will then make predictable errors which will prepare them to accept corrections.

### Step 3:

- Demonstrate quickly and if needed, give a few key coaching points. Remember "a picture is worth a thousand words". Create the correct picture with a good demonstration.

### Step 4:

- Send players back to practice what you have shown them. Remember "perfect practice makes perfect" - listening doesn't.

### Step 5:

- Change the environment with a view to progress. Keep challenging the players by adding conditions to the practice that is in step with the improvement they have made during the session.

It is important to remember that the environment must be set with an aim to keep players ACTIVE. Players who stand around and are not involved easily lose their motivation and enjoyment.

