





Focus of today's Practice is:			<h1>Smart Practice Plan</h1>		Date:
	Communicate Purpose & Goal of today's practice to Players & Coaches				
Pre-Practice Preparation	<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				Practice Checklist
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 drills 'if needed'					
other drills '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 Drill?	Position or Group drills: fast break, face-offs, rides, clears, offense, defensive slides, 1 on 1, 2 on 1, etc.				Focus of Drill?
T + 0:45					
other drills 'if needed'					
Team Play	Pick 1	Scrimmage: Team Development			Up to 20 minutes total
Purpose of Drill?	Controlled Team Scrimmage: best to run multiple 6 vs 5 or 5 vs 4 or 4 vs 4 small-ball 'scrimmages'				Focus of Drill?
T + 1:05					
ONLY IF NEEDED: Sprints & Conditioning (Suicides, Indian Run, Relay Race, Ground Ball Scramble, etc)					
Coach Summary	Summary & Stretch			5 minutes End on Time	
Player's Stretch	Coaches share Summary highlights of practice, key take-aways & other info as Players Stretch & Listen				Positive Note?
T + 1:25					
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				
Positive Charting: How to achieve Team Goals during a Practice or Game					
Team Goal	Look for positive things players do during practice/game to support Team goals. Observe, be honest, share notes.				% of Goal Achieved
					
www.mbyll.org	MBYLL Smart Practice/Game Plan				www.uslmobilecoach.org

Positive Charting: How to increase the number of 'right things' Players 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

Notes

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