

*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.*

# Running a Quality Practice



## Are you running a quality practice for your players?

Quality instruction is built on six basic principles: planning what you want to achieve, effective drills, progressional teaching, observing, motivating your players and success in learning by your players.

No two hockey practices are the same. However, all practices should follow these fundamental steps:

- Set specific objectives for practice.
- Plan the practice with assistant coaches and discuss with players before going on the ice.
- Begin with a proper warm-up, starting with stretching in the dressing room or on the ice.
- Teach and practise new skills and plays early in the practice before players become tired.
- The practice should conclude with drills which improve players' conditioning and skating skills.
- After practice, you should evaluate its effectiveness by getting feedback from players and assistant coaches.

## Here are more essential ingredients of a quality practice:

- Make fun a priority.
- Utilize the 100% rule: 100% use of the ice, 100% players participation, 100% effort and 100% coach control.
- Keep players active, not passive.
- Give clear, concise instructions.
- Give positive feedback to team and individuals.
- Treat all players equally.
- Focus on practising a few areas well rather than trying to cover many areas.
- Arrive at the arena early and insist that players be punctual.

