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| TIME | PRACTICE PART | KEY CONTENTS AND TIPS |
| *Variable*  *2-3 min* | Introduction | Before practice begins…   * Arrive early * Inspect facilities * Organize equipment * Greet each player as they arrive, get a feel for their mood   At the beginning of practice…   * Start on time * Ask players to gather in front of you * Talk briefly about the goals of the practice * Give specific safety instructions * End with a team cheer |
| *5-10 min*  *8-15 min* | Warm-up | General warm-up   * General exercises or games to raise body temperature * Dynamic warm-up exercises   Specific warm-up   * Short activities that players already know and that mimic the movements of the main part * Intensity should gradually increase but not tire the players   **Note:** Never skip or rush a warm-up, as this may lead to injury. |
| *15-30 min* | Main Part | * Sequence three or more activities (depending on time and logistics) together in a progressive fashion * Use fun games whenever possible * Avoid elimination activities, because players who need the most practice get eliminated first (e.g., if you lose the ball you’re out) * If parents or assistants are available, set up stations to minimize downtime and line-ups * Aim to improve age and stage appropriate skills of players * Play modified mini-games that allow everyone to participate |
| *5-10 min* | Cool-down | * Gradually decrease intensity * Follow with a static stretching routine |
| *2-3 min* | Conclusion | * Give brief comments on what went well, what needs improving * End with a team cheer * Ensure that nobody leaves feeling frustrated or in an aggressive mood |