



2 minute drill

for coaches



monthly tips from Positive Coaching Alliance

Plan Practice - In Writing

Thinking and writing are inextricably bound together. So, “think it and ink it,” and write out your practice plan! Most practice ideas will come from games—either things that need work from previous games, or to prepare for upcoming games. Unless you write these ideas down, chances are you’ll lose track of them before you can incorporate them. You may not always know what to cover in the next practice, but if you start jotting down ideas as they come to you, practice will be a lot better than if you wing it. A poor written plan is better than an ideal plan that exists only in your head. So write it down!

Next, share your plan with your team. With younger athletes, give the highlights of what you will be working on that day. If you coach older athletes, post the plan on the wall or give your players a copy of the practice plan at the beginning of practice to let them know what to expect. Ask for their best effort, which will increase the likelihood of a great practice.

adapted from *Positive Coaching In A Nutshell* by Jim Thompson



to purchase books by PCA Executive Director Jim Thompson, please visit:
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