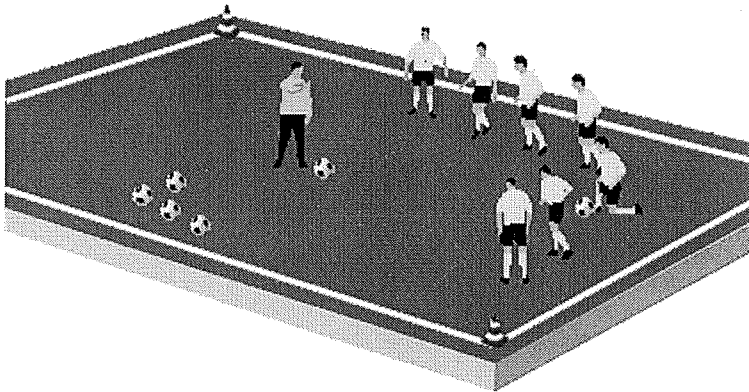


# Coaching Organization

## Coaching the Practice - Remember when teaching "a picture tells a thousand words".

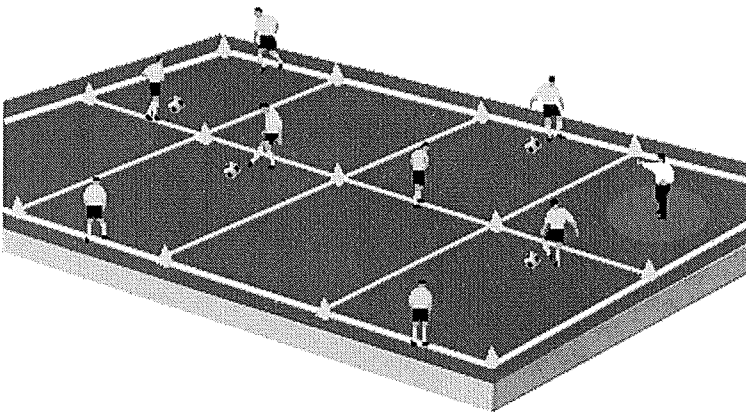
The following is an example of how to conduct a practice session.

### Step One: What's the Topic?



When you are ready to teach your session bring in all players and describe and demonstrate your topic. Be simple and clear. Remember when teaching "a picture tells a thousand words". If you feel uncomfortable demonstrating have one of your better players perform the skill.

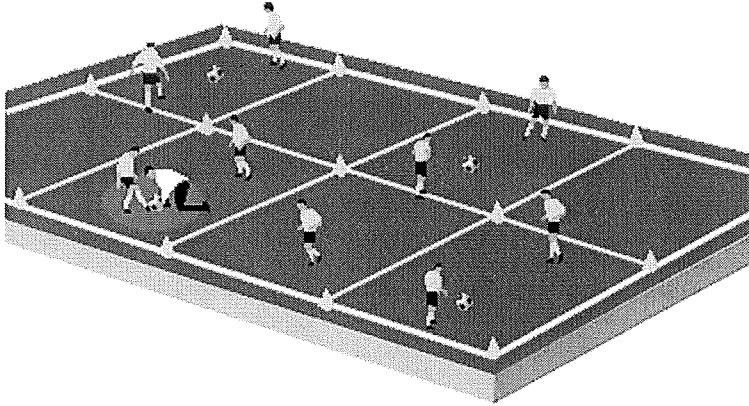
### Step Two: Stand Back and Observe



After you have made your coaching points and demonstrated, let the players practice the topic. When the players are practicing, stand outside the practice area so you can see all groups working. Observe that the practice is being carried out according to the organizational plan. Observe the general performance of the group and that all players are following your instructions. If most of the players are performing the task incorrectly it is usually because:

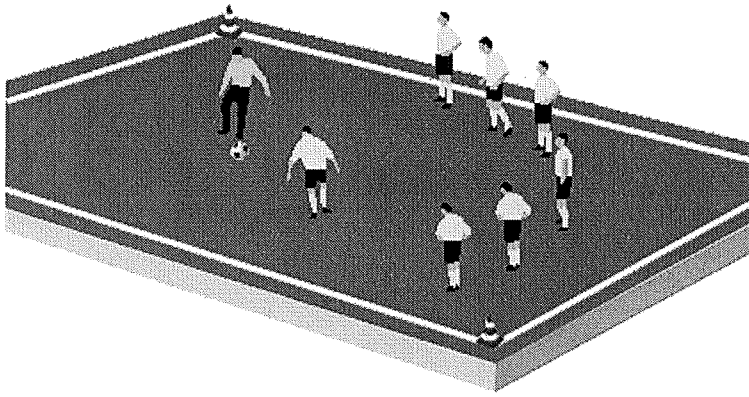
- a. Your instructions were not clear enough.
- b. Your demonstration was not clear enough.
- c. The players physically are not ready to perform the task.

### **Step Three: Correct the Mistakes**



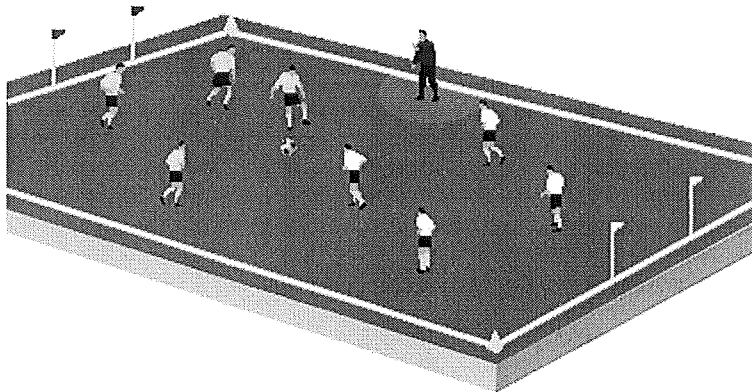
If most of the players are having problems, bring in the entire group and explain and demonstrate. If the task is too much physically for the players, improvise to an easier level. If only a few of the players are having problems, allow the other players to continue practicing while you correct the mistakes of the individuals.

### **Step Four: Progressive to the next level**



When it's time to progress to the next drill, bring in all the players and explain and demonstrate what you are looking for. Be careful to progress at the correct point and not just go through a timed schedule. 50% of your practice time should be spent on quality practices to improve technique. Remember to keep your groups small, whenever possible, one ball each or one ball between two players.

### Step Five: Relate the Topic to a Game



At least half of your practice time should be spent playing small or full-sided games. Emphasis should be placed on applying the topic you have practiced in game related situations.

Always try to end practice on an exciting tone. Too often players finish practice feeling tired and not looking forward to the next practice. Try to create an atmosphere where when you finish, players actually want to continue playing. Players will look forward to the next practice and anxious to return.



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