



PRACTICE PLANNING CHECKLIST

STRUCTURE AND ORGANIZATION

- The practice is organized and well structured (introduction, warm-up, main part, cool-down, conclusion).
- The length of the practice is appropriate for the age and ability level of the players.
- Full use is made of available facilities and equipment to achieve the practice goals.
- The practice includes a variety of activities.
- Activities are planned so there is minimal waiting time for players.
- The transition from one activity to the next is planned in such a way as to minimize the time wasted.
- Activities are presented in the appropriate order in the main part of the practice.
- Equipment is available, ready to use and set-up early.

CHOICE OF ACTIVITIES

- The activities are appropriate to the developmental stage of the players.
- The activities are adapted to the skill and fitness level of the players.
- The activities have well-defined goals, and the purpose of the tasks involved is clear.
- The activities are relevant to the sport.

SUCCESS AND CHALLENGE

- The activities present reasonable challenges to the players.
- The activities are chosen or designed so that the success rate by the players when performing the task is no less than 70%.

SAFETY

- Potential environmental, equipment and facilities, and human risk factors have been considered, and the activities are designed accordingly.
- An Emergency Action Plan and player medical forms are available.