



THE TOP TIPS TO CREATE A GREAT PRACTICE

Keep kids safe and design for the right age.

- Health and safety come first: If a kid's health or safety is threatened on the field, stop the game immediately. If you learn of a threat off the field, contact authorities.
- Change the rules: If the field is too big, the rules are too challenging, or the equipment's too heavy, feel free to change the rules. Make the playing space smaller, use different equipment, require more passing and less ball hogging.
- Plan ahead: You're a lot less likely to run into trouble if you plan practice in advance. Know your warm-ups, drills and cool downs. Think about the safety issues that might come up. Plan out whose turn it is to help. Have backup plans in place.

Keep kids moving.

- Stop waiting: Minimize line time by setting up stations and encouraging active cheering during any waits.
- Stop talking: Keep directions to a minimum. (Planning ahead helps with this.)
- Watch for kids who opt out: Kids choose to sit out for lots of reasons. Encourage them to get back in the game.

Make it fun.

- Let kids know how they're doing: Set goals with individuals and the team. Track progress and provide feedback.
- Celebrate every kid, every day: Coach to kid, kid to kid, as a team. Celebrating should be a key part of every practice.
- Set a good example: Kids are watching you. Smile, laugh, dance, cheer. There's no riding alongside in a golf cart for you. Move as much as the kids do.